

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 28/04/2024

### Times for Monday 15 January



Time	Session	Facility	Level
09:00 - 09:45	AquaFit	Main Pool	Aqua
11:00 - 11:45	Group Cycling	Studio	Spin
18:30 - 19:15	Core Stability	Studio	Strength and Toning