## **Zest Group Fitness Timetable** Thirsk And Sowerby Leisure Centre

Accurate as of 29/04/2024

| Times for Tuesday 23 January |                                  |          | •             |
|------------------------------|----------------------------------|----------|---------------|
| Time                         | Session                          | Facility | Level         |
| 12:00 - 12:45                | Yoga                             | Studio   | Mind and Body |
| 17:30 - 18:15                | High Intensity Interval Training | Studio   | Cardio        |