Zest Group Fitness Timetable Thirsk And Sowerby Leisure Centre

Accurate as of 23/04/2024

| Times for Tuesday 26 June | | | |
|---------------------------|----------------------------------|----------|---------------|
| Time | Session | Facility | Level |
| 12:00 - 12:45 | Yoga | Studio | Mind and Body |
| 17:30 - 18:15 | High Intensity Interval Training | Studio | Cardio |