

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 29/04/2024

### Times for Wednesday 19 September



| Time          | Session   | Facility  | Level      |
|---------------|-----------|-----------|------------|
| 17:30 - 18:15 | Boxercise | Studio    | Combat     |
| 19:45 - 20:30 | Aquafit   | Main Pool | Pool based |