

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 29/04/2024

### Times for Tuesday 11 December



Time	Session	Facility	Level
12:00 - 12:45	Yoga	Studio	Mind and Body
17:30 - 18:15	High Intensity Interval Training	Studio	Cardio
18:30 - 19:15	Yoga	Studio	Mind and Body