


# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 10/04/2024

Times for Tuesday 18 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	