


# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 28/04/2024

Times for Friday 29 March				
Time	Session	Facility	Level	
06:45 - 07:30	Virtual Group Cycle Thirsk	Studio	High-Energy	
08:00 - 08:45	Aquafit	Main Pool	Aqua	
08:00 - 08:45	Circuits	Studio	Strength and Toning	
09:30 - 10:15	Virtual Group Cycle Thirsk	Studio	High-Energy	
11:00 - 11:45	Tai Chi	Studio	Body, Mind and Soul	
12:00 - 12:45	Yoga	Studio	Mind and Body	
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio		
18:30 - 19:15	Virtual Group Cycle Thirsk	Studio	Spin	