

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 27/07/2024

Times for Monday 29 July



| Time | Session | Facility | Level |
|---------------|----------------------------|---------------|---------------------|
| 07:00 - 07:45 | Virtual Group Cycle Thirsk | Studio | High-Energy |
| 09:00 - 09:45 | Aquafit | Main Pool | Aqua |
| 10:00 - 10:45 | Pilates | Studio | Mind and Body |
| 11:00 - 11:45 | Group Cycling | Studio | Spin |
| 11:00 - 11:45 | Circuits | Studio | Strength and Toning |
| 12:00 - 12:45 | Core Stability | Studio | Strength and Toning |
| 17:30 - 18:15 | Yoga | Studio | Mind and Body |
| 18:30 - 19:15 | Core Stability | Studio | Strength and Toning |
| 19:30 - 20:15 | Virtual Group Cycle Thirsk | Studio | High-Energy |
| 19:30 - 20:15 | Aquafit | Teaching Pool | Aqua |