

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 27/07/2024

### Times for Thursday 1 August



| Time          | Session                          | Facility | Level               |
|---------------|----------------------------------|----------|---------------------|
| 08:00 - 08:45 | Yoga                             | Studio   | Mind and Body       |
| 11:30 - 12:15 | Pilates                          | Studio   | Body, Mind and Soul |
| 12:15 - 13:00 | Virtual Group Cycle              | Studio   | High-Energy         |
| 17:30 - 18:15 | Kettlebells                      | Studio   | Strength and Toning |
| 17:30 - 18:15 | Virtual Group Cycle Thirsk       | Studio   | High-Energy         |
| 18:30 - 19:15 | High Intensity Interval Training | Studio   | Cardio              |
| 19:30 - 20:15 | Virtual Group Cycle              | Studio   | Spin                |
| 19:30 - 20:15 | Yoga                             | Studio   | Spin                |