

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 01/08/2024

### Times for Wednesday 7 August



Time	Session	Facility	Level
06:45 - 07:30	Virtual Group Cycle Thirsk	Studio	High-Energy
08:00 - 08:45	Yoga	Studio	Body, Mind and Soul
09:30 - 10:15	Virtual Group Cycle Thirsk	Studio	High-Energy
12:00 - 12:45	Core Stability	Studio	Strength and Toning
17:30 - 18:15	Boxercise	Studio	Combat
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy
18:30 - 19:15	Body Blast	Studio	Cardio
19:30 - 20:15	Virtual Group Cycle	Studio	High-Energy
19:45 - 20:30	Aquafit	Main Pool	Pool based