

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 17/08/2024

### Times for Friday 23 August



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