

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 08/09/2024

Times for Saturday 14 September



Time	Session	Facility	Level
08:00 - 08:45	Virtual Group Cycle Thirsk	Studio	High-Energy
09:00 - 09:45	Yoga	Studio	Mind and Body
10:00 - 10:45	Yoga	Studio	Mind and Body
12:00 - 12:45	Virtual Group Cycle Thirsk	Studio	High-Energy