

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 16/09/2024

Times for Sunday 22 September



Time	Session	Facility	Level
08:00 - 08:45	Virtual Group Cycle Thirsk	Studio	High-Energy
12:00 - 12:45	Virtual Group Cycle Thirsk	Studio	High-Energy