Zest Group Fitness Timetable Thirsk And Sowerby Leisure Centre

Accurate as of 28/12/2024

Times for Tuesday 24 December				(
Time	Session	Facility	Level	
07:00 - 07:45	Virtual Group Cycle	Studio	Spin	
09:30 - 10:15	Virtual Group Cycle Thirsk	Studio	High-Energy	