

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 02/01/2025

### Times for Saturday 4 January



Time	Session	Facility	Level
08:00 - 08:45	Virtual Group Cycle Thirsk	Studio	High-Energy
10:00 - 10:45	Yoga	Studio	Mind and Body
11:00 - 11:45	Yoga	Studio	Mind and Body
12:00 - 12:45	Virtual Group Cycle Thirsk	Studio	High-Energy