

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 05/01/2025

Times for Monday 6 January



Time	Session	Facility	Level
07:00 - 07:45	Virtual Group Cycle Thirsk	Studio	High-Energy
09:00 - 09:45	Aquafit	Main Pool	Aqua
10:00 - 10:45	Pilates	Studio	Mind and Body
11:00 - 11:45	Group Cycling	Studio	Spin
11:00 - 11:45	Circuits	Studio	Strength and Toning
12:00 - 12:45	Core Stability	Studio	Strength and Toning
17:30 - 18:15	Yoga	Studio	Mind and Body
18:30 - 19:15	Core Stability	Studio	Strength and Toning
19:30 - 20:15	Virtual Group Cycle Thirsk	Studio	High-Energy
19:30 - 20:15	Aquafit	Teaching Pool	Aqua