


# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 06/01/2025

Times for Tuesday 7 January				
Time	Session	Facility	Level	
07:00 - 07:45	Virtual Group Cycle	Studio	Spin	
08:00 - 08:45	Total Body Workout	Studio	Strength and Toning	
09:30 - 10:15	Virtual Group Cycle Thirsk	Studio	High-Energy	
12:00 - 12:45	Yoga	Studio	Mind and Body	
17:30 - 18:15	High Intensity Interval Training	Studio	Cardio	
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy	
18:30 - 19:15	Yoga	Studio	Mind and Body	