

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 07/01/2025

### Times for Thursday 9 January



Time	Session	Facility	Level
08:00 - 08:45	Yoga	Studio	Mind and Body
11:30 - 12:15	Pilates	Studio	Body, Mind and Soul
12:15 - 13:00	Virtual Group Cycle	Studio	High-Energy
17:30 - 18:15	Kettlebells	Studio	Strength and Toning
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy
18:30 - 19:15	High Intensity Interval Training	Studio	Cardio
19:30 - 20:15	Virtual Group Cycle	Studio	Spin
19:30 - 20:15	Yoga	Studio	Spin