

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 08/01/2025

Times for Sunday 12 January



Time	Session	Facility	Level
08:00 - 08:45	Virtual Group Cycle Thirsk	Studio	High-Energy
12:00 - 12:45	Virtual Group Cycle Thirsk	Studio	High-Energy