

# Zest Gym Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 30/04/2024

### Times for Monday 19 March



| Time          | Session       | Facility |
|---------------|---------------|----------|
| 06:45 - 21:30 | Opening Times | Gym      |
| 15:45 - 16:45 | Max Gym       | Gym      |