

Zest Gym Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 30/04/2024

Times for Monday 17 December



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