

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 10/04/2024

Times for Tuesday 14 July			
Time	Session	Facility	Level
10:00 - 10:45	Group Cycle Free Beat	Studio	Spin
17:00 - 17:45	Yoga	Activity Room	Mind and Body
19:00 - 19:45	Group Cycle Peak	Studio	Spin