

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 01/05/2024

Times for Wednesday 19 May			
Time	Session	Facility	Level
09:15 - 10:00	Group Cycling	Studio	Spin
09:30 - 10:15	Aquafit	Main Pool	Aqua
09:30 - 10:15	Total Body Workout	Activity Room	Strength and Toning
11:00 - 11:45	Pilates	Activity Room	Mind and Body
13:00 - 13:45	Tai Chi	Activity Room	Mind and Body
18:00 - 18:45	Group Cycling	Studio	Spin
19:00 - 19:45	Yoga	Activity Room	Mind and Body