

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 10/05/2024

Times for Friday 21 May				
Time	Session	Facility	Level	
09:15 - 10:00	Group Cycling	Studio	Spin	
09:30 - 10:15	Pilates	Activity Room	Mind and Body	
10:30 - 11:15	Pilates	Activity Room	Mind and Body	
11:00 - 11:45	Aquafit	Main Pool	Aqua	
12:15 - 12:45	High Intensity Interval Training	Activity Room	Cardio	