

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 18/04/2024

Times for Thursday 14 October



| Time | Session | Facility | Level |
|---------------|---------------|---------------|---------------|
| 08:15 - 09:00 | Pilates | Studio | Mind and Body |
| 09:15 - 10:00 | Group Cycling | Studio | Spin |
| 09:15 - 10:00 | Yoga | Activity Room | Mind and Body |
| 10:15 - 11:00 | Yoga | Studio | Mind and Body |
| 12:00 - 12:45 | Circuits | Activity Room | Cardio |
| 17:00 - 18:00 | Pilates | Activity Room | Mind and Body |