

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 17/05/2025

Times for Monday 18 October



Time	Session	Facility	Level
09:15 - 10:00	Group Cycling	Studio	Spin
09:15 - 10:00	Zumba	Activity Room	Dance
10:15 - 11:00	Veraflow	Activity Room	Dance
12:15 - 12:45	Group Cycling	Studio	Spin
17:45 - 18:15	Metafit	Activity Room	Cardio
18:30 - 19:15	Group Cycling	Studio	Spin
18:30 - 19:15	Pilates	Activity Room	Mind and Body
19:30 - 20:15	Pilates	Activity Room	Mind and Body