

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 17/05/2025

Times for Tuesday 19 October



Time	Session	Facility	Level
09:15 - 10:00	Group Cycling	Studio	Spin
09:30 - 10:15	SOSA Dance Fitness	Activity Room	Dance
17:00 - 17:45	Yoga	Activity Room	Mind and Body
18:00 - 18:45	Pilates	Activity Room	Mind and Body