

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 17/05/2025

Times for Thursday 21 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