

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 17/05/2025

Times for Friday 22 October



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