

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 02/05/2024

### Times for Tuesday 17 May



Time	Session	Facility	Level
09:00 - 09:45	Core Stability	Studio	Strength and Toning
10:00 - 10:45	Group Cycle Free Beat	Studio	Spin
17:00 - 17:45	Yoga	Activity Room	Mind and Body
19:00 - 19:45	Group Cycle Peak	Studio	Spin