Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 18 May

Time	Session	Facility	Level
09:15 - 10:00	Group Cycle Peak	Studio	Spin
09:30 - 10:30	Aquafit	Main Pool	Aqua
18:00 - 18:45	Boxercise	Activity Room	Cardio
19:00 - 19:45	Yoga	Activity Room	Mind and Body