


Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 04/05/2024

Times for Friday 20 May				
Time	Session	Facility	Level	
09:00 - 09:30	Kettlebells	Activity Room	Strength and Toning	
09:45 - 10:30	Group Cycle Peak	Studio	Spin	
10:15 - 11:00	Aquafit	Main Pool	Dance	