

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 10/04/2024

Times for Tuesday 24 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                |