

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 01/05/2024

Times for Thursday 26 May



Time	Session	Facility	Level
09:15 - 10:00	Yoga	Activity Room	Mind and Body
09:15 - 10:00	Group Cycle Free Beat	Studio	Spin
10:15 - 11:00	Yoga	Activity Room	Mind and Body
18:00 - 18:45	Group Cycle Peak	Activity Room	Spin