

# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 09/05/2024

### Times for Tuesday 30 April



| Time          | Session               | Facility      | Level               |
|---------------|-----------------------|---------------|---------------------|
| 09:00 - 09:45 | Core Stability        | Studio        | Strength and Toning |
| 10:00 - 10:45 | Group Cycle Free Beat | Studio        | Spin                |
| 12:30 - 13:00 | Virtual Group Cycle   | Studio        | Spin                |
| 17:00 - 17:45 | Yoga                  | Activity Room | Mind and Body       |
| 18:00 - 18:45 | Pilates               | Activity Room |                     |
| 19:00 - 19:45 | Group Cycle Peak      | Studio        | Spin                |