

Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 20/05/2024

Times for Wednesday 1 May				
Time	Session	Facility	Level	
07:00 - 07:45	Virtual Group Cycle	Studio	Spin	
09:15 - 10:00	Group Cycle Peak	Studio	Spin	
09:15 - 10:00	Circuits	Activity Room		
09:30 - 10:30	Aquafit	Main Pool	Aqua	
10:45 - 11:30	Pilates	Activity Room	Body, Mind and Soul	
12:00 - 12:45	Gym It	Gym	Cardio	
13:00 - 13:45	Tai Chi	Activity Room		
17:00 - 17:45	Kettlebells	Studio	Strength and Toning	
18:00 - 18:45	Boxercise	Activity Room	Cardio	
19:00 - 19:45	Yoga	Activity Room	Mind and Body	
20:00 - 20:45	Virtual Group Cycle	Studio	Spin	