


Zest Group Fitness Timetable

Stokesley Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 2 May				
Time	Session	Facility	Level	
08:15 - 09:00	Pilates	Activity Room	Body, Mind and Soul	
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	
12:30 - 13:00	Virtual Group Cycle	Studio	Spin	
17:00 - 17:45	High Intensity Interval Training	Activity Room	Strength and Toning	
18:00 - 18:45	Group Cycle Peak	Activity Room	Spin	