


# Zest Group Fitness Timetable

## Stokesley Leisure Centre

Accurate as of 20/05/2024

Times for Friday 3 May				
Time	Session	Facility	Level	
07:00 - 07:45	Virtual Group Cycle	Studio	Spin	
09:00 - 09:30	Kettlebells	Activity Room	Strength and Toning	
09:45 - 10:30	Group Cycle Peak	Studio	Spin	
10:15 - 11:00	Aquafit	Main Pool	Dance	
17:30 - 18:15	Virtual Group Cycle	Studio	Spin	