

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 09/05/2024

Times for Monday 16 May				
Time	Session	Facility	Level	
07:00 - 07:45	Virtual Group Cycle Thirsk	Studio	High-Energy	
09:00 - 09:45	Aquafit	Main Pool	Aqua	
11:00 - 11:45	Group Cycling	Studio	Spin	
18:30 - 19:15	Core Stability	Studio	Strength and Toning	
19:30 - 20:15	Virtual Group Cycle Thirsk	Studio	High-Energy	