

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 02/05/2024

| Times for Monday 23 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 | |