

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 19/04/2024

### 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