


Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 10/04/2024

Times for Thursday 28 March				
Time	Session	Facility	Level	
11:30 - 12:15	Pilates	Studio	Body, Mind and Soul	
12:15 - 13:00	Group Cycling	Studio	High-Energy	
17:30 - 18:15	Kettlebells	Studio	Strength and Toning	
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy	
18:30 - 19:15	High Intensity Interval Training	Studio	Cardio	
19:30 - 20:15	Virtual Group Cycle	Studio	Spin	
19:30 - 20:15	Yoga	Studio	Spin	