


Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 08/05/2024

| Times for Saturday 30 March | | | |  |
|-----------------------------|----------------------------|----------|---------------|---|
| Time | Session | Facility | Level | |
| 08:00 - 08:45 | Virtual Group Cycle Thirsk | Studio | High-Energy | |
| 09:00 - 09:45 | Yoga | Studio | Mind and Body | |
| 12:00 - 12:45 | Virtual Group Cycle Thirsk | Studio | High-Energy | |