


Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 20/05/2024

Times for Saturday 6 April				
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	