

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



| 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 |