

# Zest Group Fitness Timetable

## Thirsk And Sowerby Leisure Centre

Accurate as of 03/05/2024

### Times for Monday 22 April



| Time          | Session                    | Facility      | Level               |
|---------------|----------------------------|---------------|---------------------|
| 07:00 - 07:45 | Virtual Group Cycle Thirsk | Studio        | High-Energy         |
| 09:00 - 09:45 | Aquafit                    | Main Pool     | Aqua                |
| 10:00 - 10:45 | Pilates                    | Studio        | Mind and Body       |
| 11:00 - 11:45 | Group Cycling              | Studio        | Spin                |
| 11:00 - 11:45 | Circuits                   | Studio        | Strength and Toning |
| 12:00 - 12:45 | Core Stability             | Studio        | Strength and Toning |
| 13:00 - 13:45 | Clubbercise                | Studio        | Dance               |
| 18:30 - 19:15 | Core Stability             | Studio        | Strength and Toning |
| 19:30 - 20:15 | Virtual Group Cycle Thirsk | Studio        | High-Energy         |
| 19:30 - 20:15 | Aquafit                    | Teaching Pool | Aqua                |