

Zest Group Fitness Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 24 April				
Time	Session	Facility	Level	
06:45 - 07:30	Virtual Group Cycle Thirsk	Studio	High-Energy	
08:00 - 08:45	Yoga	Studio	Body, Mind and Soul	
09:30 - 10:15	Virtual Group Cycle Thirsk	Studio	High-Energy	
12:00 - 12:45	Core Stability	Studio	Strength and Toning	
17:30 - 18:15	Boxercise	Studio	Combat	
17:30 - 18:15	Virtual Group Cycle Thirsk	Studio	High-Energy	
18:30 - 19:15	Body Blast	Studio	Cardio	
19:30 - 20:15	Virtual Group Cycle	Studio	High-Energy	
19:45 - 20:30	Aquafit	Main Pool	Pool based	