

Zest Gym Timetable

Thirsk And Sowerby Leisure Centre

Accurate as of 09/04/2024

| Times for Monday 23 May | | |  |
|-------------------------|---------------|----------|---|
| Time | Session | Facility | |
| 06:45 - 21:30 | Opening Times | Gym | |
| 15:45 - 16:45 | Max Gym | Gym | |