

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 03/05/2024

Times for Tuesday 16 January



Time	Session	Facility	Level
12:00 - 12:45	Indoor Cycling	Studio	Spin
13:15 - 14:00	Pilates	Studio	Mind and Body
19:15 - 19:45	Core Strength	Studio	Strength and Toning