

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 25/04/2024

### Times for Monday 22 January



Time	Session	Facility	Level
06:45 - 07:30	Indoor Cycling	Studio	Spin
09:30 - 10:00	Core Strength	Studio	Strength and Toning
12:00 - 12:45	Strength and Conditioning	Studio	Strength and Toning
18:15 - 19:00	Pilates	Studio	Mind and Body
18:30 - 19:15	Indoor Cycling	Studio	Spin
19:15 - 20:00	Pilates	Sports Hall	Mind and Body