


Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 04/05/2024

Times for Tuesday 23 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	