

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 25 January



| Time | Session | Facility | Level |
|---------------|-----------------|----------|---------------|
| 09:30 - 10:15 | Pilates | Studio | Mind and Body |
| 10:30 - 11:15 | Tai Chi | Studio | Mind and Body |
| 17:30 - 18:15 | Virtual Cycling | Studio | Spin |
| 17:30 - 18:15 | Kettlebells | Studio | Cardio |