


# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 16/05/2024

| Times for Wednesday 21 March |                |             |                     |  |
|------------------------------|----------------|-------------|---------------------|---|
| Time                         | Session        | Facility    | Level               |   |
| 06:45 - 07:30                | Indoor Cycling | Studio      | Spin                |   |
| 09:15 - 09:45                | Core Strength  | Studio      | Strength and Toning |   |
| 09:15 - 10:00                | Aquafit        | Main Pool   | Aqua                |   |
| 10:00 - 10:45                | Yoga           | Studio      | Mind and Body       |   |
| 19:30 - 20:15                | Boxercise      | Sports Hall | Combat              |   |