


# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 16/05/2024

Times for Friday 23 March				
Time	Session	Facility	Level	
06:45 - 07:30	Indoor Cycling	Studio	Spin	
10:00 - 10:45	Pilates	Studio	Mind and Body	
11:00 - 11:45	Pilates	Studio	Mind and Body	
12:00 - 12:30	Core Strength	Studio	Strength and Toning	
12:45 - 13:30	Indoor Cycling	Studio	Spin	
17:30 - 18:15	Indoor Cycling	Studio	Spin	
18:30 - 19:15	Aquafit	Main Pool	Aqua	