

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 31 March



Time	Session	Facility	Level
08:30 - 09:15	Group Cycling	Studio	Spin
09:30 - 10:00	Swiss Ball	Studio	Strength and Toning
10:15 - 11:00	Kettlebells	Studio	Strength and Toning
14:30 - 15:30	Karate	Sports Hall	Combat