

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 17/05/2025

### Times for Wednesday 23 May



Time	Session	Facility	Level
06:45 - 07:30	Indoor Cycling	Studio	Spin
09:15 - 09:45	Core Strength	Studio	Strength and Toning
10:00 - 10:45	Yoga	Studio	Mind and Body
13:00 - 13:45	Total Body Workout	Studio	Strength and Toning
13:15 - 14:00	Aquafit	Main Pool	Aqua
19:30 - 20:15	Boxercise	Sports Hall	Combat