

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 16/04/2024

Times for Tuesday 29 May



Time	Session	Facility	Level
07:00 - 07:45	High Intensity Interval Training	Studio	Cardio
12:00 - 12:45	Group Cycling	Studio	Spin
13:15 - 14:00	Pilates	Studio	Mind and Body
18:00 - 18:45	Kettlebells	Studio	Strength and Toning
19:15 - 19:45	Abs Blast	Studio	Strength and Toning
20:00 - 20:45	Group Cycling	Studio	Spin