

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 01/05/2024

Times for Wednesday 30 May



Time	Session	Facility	Level
07:30 - 08:15	Group Cycling	Studio	Spin
09:00 - 10:00	Aquafit	Main Pool	Aqua
09:30 - 10:00	Abs Blast	Studio	Strength and Toning
10:30 - 11:30	Yoga	Studio	Mind and Body
12:00 - 12:45	Group Cycling	Studio	Spin
13:00 - 14:00	Total Body Workout	Studio	Strength and Toning
17:15 - 19:15	Karate	Studio	Combat
18:30 - 19:30	Boxercise	Sports Hall	Combat
20:00 - 20:45	Group Cycling	Studio	Spin