Zest Group Fitness Timetable Northallerton Leisure Centre

Accurate as of 16/05/2024

| Times for Thursday 31 May | | | 0 |
|---------------------------|----------------------------------|----------|---------------------|
| Time | Session | Facility | Level |
| 07:00 - 07:45 | Body Blast | Studio | Strength and Toning |
| 10:30 - 11:15 | Tai Chi | Studio | Mind and Body |
| 12:00 - 12:30 | Swiss Ball | Studio | Strength and Toning |
| 12:45 - 13:30 | Group Cycling | Studio | Spin |
| 17:30 - 18:15 | Group Cycling | Studio | Spin |
| 18:30 - 19:00 | High Intensity Interval Training | Studio | Cardio |