

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 02/05/2024

Times for Thursday 31 May



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