

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 1 June



Time	Session	Facility	Level
07:30 - 08:15	Group Cycling	Studio	Spin
10:00 - 10:45	Pilates	Studio	Mind and Body
11:00 - 11:45	Pilates	Studio	Mind and Body
12:00 - 12:30	Abs Blast	Studio	Strength and Toning
12:45 - 13:30	Group Cycling	Studio	Spin
17:30 - 18:15	Group Cycling	Studio	Spin
19:00 - 20:00	Aquafit	Main Pool	Aqua