


# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 17/05/2024

Times for Monday 18 June				
Time	Session	Facility	Level	
06:45 - 07:30	Indoor Cycling	Studio	Spin	
09:30 - 10:00	Core Strength	Studio	Strength and Toning	
10:30 - 11:15	50+ Total Body Workout	Studio	50+	
12:00 - 12:45	Strength and Conditioning	Studio	Strength and Toning	
17:30 - 18:00	High Intensity Interval Training	Studio	Cardio	
18:15 - 19:00	Pilates	Studio	Mind and Body	
18:30 - 19:15	Indoor Cycling	Studio	Spin	
19:15 - 20:00	Pilates	Sports Hall	Mind and Body	