# Zest Group Fitness Timetable

## Northallerton Leisure Centre

**Accurate as of 12/10/2024**

### Times for Monday 25 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 |