

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 07/05/2024

| Times for Thursday 28 June | | | |
|----------------------------|---------------------------|----------|---------------------|
| Time | Session | Facility | Level |
| 07:00 - 07:45 | Strength and Conditioning | Studio | Strength and Toning |
| 09:30 - 10:15 | Pilates | Studio | Mind and Body |
| 10:30 - 11:15 | Tai Chi | Studio | Mind and Body |
| 17:30 - 18:15 | Virtual Cycling | Studio | Spin |
| 17:30 - 18:15 | Kettlebells | Studio | Cardio |