

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 17/05/2025

### Times for Tuesday 21 August



| Time          | Session                          | Facility | Level               |
|---------------|----------------------------------|----------|---------------------|
| 06:45 - 07:15 | High Intensity Interval Training | Studio   | Cardio              |
| 12:00 - 12:45 | Indoor Cycling                   | Studio   | Spin                |
| 13:15 - 14:00 | Pilates                          | Studio   | Mind and Body       |
| 18:15 - 19:00 | Kettlebells                      | Studio   | Strength and Toning |
| 19:15 - 19:45 | Core Strength                    | Studio   | Strength and Toning |