Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 12/10/2024

Times for Friday 24 August

Time	Session	Facility	Level
06:45 - 07:30	Indoor 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	Core Strength	Studio	Strength and Toning
12:45 - 13:30	Indoor Cycling	Studio	Spin
17:30 - 18:15	Indoor Cycling	Studio	Spin
18:30 - 19:15	Aquafit	Main Pool	Aqua