

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 25/04/2024

### Times for Sunday 26 August



| Time          | Session                   | Facility | Level  |
|---------------|---------------------------|----------|--------|
| 08:30 - 09:15 | Indoor Cycling            | Studio   | Spin   |
| 09:30 - 10:15 | Strength and Conditioning | Studio   | Cardio |