


Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 19/05/2024

| Times for Friday 31 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 | |