

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 07/05/2024

Times for Saturday 1 September



| Time | Session | Facility | Level |
|---------------|----------------|----------|---------------------|
| 08:30 - 09:15 | Indoor Cycling | Studio | Spin |
| 09:30 - 10:00 | Core Strength | Studio | Strength and Toning |
| 10:15 - 11:00 | Kettlebells | Studio | Strength and Toning |