

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 28/04/2024

Times for Tuesday 18 September



Time	Session	Facility	Level
07:00 - 07:45	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