

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 19 September



Time	Session	Facility	Level
06:45 - 07:30	Indoor Cycling	Studio	Spin
09:15 - 09:45	Core Strength	Studio	Strength and Toning
09:15 - 10:00	Aquafit	Main Pool	Aqua
10:00 - 10:45	Yoga	Studio	Mind and Body
13:00 - 13:45	Total Body Workout	Studio	Strength and Toning
18:00 - 18:30	Introductory Group Cycle	Studio	Spin
19:30 - 20:15	Boxercise	Sports Hall	Combat