


Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 28/04/2024

Times for Saturday 22 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	