

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 03/05/2024

Times for Wednesday 26 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 |