

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 06/05/2024

Times for Wednesday 21 November				
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	
11:00 - 11:45	Yoga	Studio	Body, Mind and Soul	
13:00 - 13:45	Total Body Workout	Studio	Strength and Toning	
19:30 - 20:15	Boxercise	Sports Hall	Combat	