

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 20/04/2024

### Times for Thursday 22 November



Time	Session	Facility	Level
07:00 - 07:45	Strength and Conditioning	Studio	Strength and Toning
09:30 - 10:15	Pilates	Studio	Mind and Body
10:30 - 11:15	Tai Chi	Studio	Mind and Body
17:30 - 18:15	Virtual Cycling	Studio	Spin
17:30 - 18:15	Kettlebells	Studio	Cardio
19:45 - 20:30	Yoga	Studio	Body, Mind and Soul