Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 08/05/2024

Times for Monday 10 December

Time	Session	Facility	Level
06:45 - 07:30	Indoor Cycling	Studio	Spin
09:30 - 10:00	Core Strength	Studio	Strength and Toning
10:30 - 11:15	50+ Total Body Workout	Studio	50+
12:00 - 12:45	Strength and Conditioning	Studio	Strength and Toning
17:30 - 18:00	High Intensity Interval Training	Studio	Cardio
18:15 - 19:00	Pilates	Studio	Mind and Body
18:30 - 19:15	Indoor Cycling	Studio	Spin
19:15 - 20:00	Pilates	Sports Hall	Mind and Body