

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 29/04/2024

Times for Tuesday 11 December



| Time | Session | Facility | Level |
|---------------|----------------------------------|----------|---------------------|
| 07:00 - 07:45 | High Intensity Interval Training | Studio | Cardio |
| 12:00 - 12:45 | Indoor Cycling | Studio | Spin |
| 13:15 - 14:00 | Pilates | Studio | Mind and Body |
| 18:15 - 19:00 | Kettlebells | Studio | Strength and Toning |
| 19:15 - 19:45 | Core Strength | Studio | Strength and Toning |