

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 18 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	