## **Zest Group Fitness Timetable Northallerton Leisure Centre**

## Accurate as of 03/05/2024

Times for Sunday 23 December				<b>S</b>
Time	Session	Facility	Level	
08:30 - 09:15	Indoor Cycling	Studio	Spin	
09:30 - 10:15	Strength and Conditioning	Studio	Cardio	