

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 06/05/2024

Times for Monday 29 April



| Time | Session | Facility | Level |
|---------------|----------------------------------|-------------|---------------------|
| 06:45 - 07:30 | Indoor Cycling | Studio | Spin |
| 07:45 - 08:30 | Virtual Cycling | Studio | Spin |
| 09:00 - 09:45 | Virtual Cycling | Studio | Spin |
| 09:30 - 10:00 | Core Strength | Studio | Strength and Toning |
| 10:30 - 11:15 | 50+ Total Body Workout | Studio | 50+ |
| 11:00 - 11:45 | Virtual Cycling | Studio | Spin |
| 12:00 - 12:45 | Strength and Conditioning | Studio | Strength and Toning |
| 12:15 - 12:45 | Virtual Cycling | Studio | Spin |
| 13:00 - 13:30 | Kettlebells | Studio | Strength and Toning |
| 14:00 - 14:45 | Virtual Cycling | Studio | |
| 16:00 - 16:45 | Virtual Cycling | Studio | |
| 17:30 - 18:00 | High Intensity Interval Training | Studio | Cardio |
| 17:30 - 18:15 | Virtual Cycling | Studio | Spin |
| 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 |
| 19:30 - 20:15 | Virtual Cycling | Studio | Spin |
| 20:15 - 21:00 | Pilates | Studio | Mind and Body |