

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 28/07/2024

Times for Tuesday 23 July



| Time | Session | Facility | Level |
|---------------|----------------------------------|-------------|---------------------|
| 06:45 - 07:15 | High Intensity Interval Training | Studio | Cardio |
| 07:30 - 08:15 | Indoor Cycling | Studio | Spin |
| 09:00 - 09:45 | Virtual Cycling | Studio | |
| 11:00 - 11:45 | Virtual Cycling | Studio | |
| 12:00 - 12:45 | Indoor Cycling | Studio | Spin |
| 13:15 - 14:00 | Pilates | Studio | Mind and Body |
| 14:00 - 14:45 | Virtual Cycling | Studio | |
| 16:00 - 16:45 | Virtual Cycling | Studio | |
| 17:15 - 18:00 | Strength and Conditioning | Studio | Strength and Toning |
| 17:30 - 18:15 | Virtual Cycling | Studio | Spin |
| 17:30 - 18:30 | Multi Sports | Sports Hall | Inclusive Sports |
| 18:15 - 19:00 | Kettlebells | Studio | Strength and Toning |
| 19:00 - 19:45 | Virtual Cycling | Studio | Spin |
| 19:15 - 19:45 | Core Strength | Studio | Strength and Toning |