

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 27/07/2024

### Times for Wednesday 31 July



| Time          | Session            | Facility    | Level               |
|---------------|--------------------|-------------|---------------------|
| 06:45 - 07:30 | Indoor Cycling     | Studio      | Spin                |
| 07:45 - 08:30 | Virtual Cycling    | Studio      | Spin                |
| 09:15 - 09:45 | Core Strength      | Studio      | Strength and Toning |
| 09:30 - 10:00 | Virtual Cycling    | Studio      | Spin                |
| 10:00 - 10:45 | Yoga               | Studio      | Mind and Body       |
| 11:00 - 11:45 | Yoga               | Studio      | Body, Mind and Soul |
| 12:00 - 12:45 | Clubbercise        | Studio      | Dance               |
| 13:00 - 13:30 | Virtual Cycling    | Studio      | Spin                |
| 13:00 - 13:45 | Total Body Workout | Studio      | Strength and Toning |
| 13:15 - 14:00 | Aquafit            | Main Pool   | Aqua                |
| 14:00 - 14:45 | Virtual Cycling    | Studio      |                     |
| 16:00 - 16:45 | Virtual Cycling    | Studio      |                     |
| 17:30 - 18:15 | Indoor Cycling     | Studio      |                     |
| 19:30 - 20:15 | Boxercise          | Sports Hall | Combat              |