

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 20/08/2024

Times for Monday 26 August



Time	Session	Facility	Level
12:15 - 12:45	Virtual Cycling	Studio	Spin
14:00 - 14:45	Virtual Cycling	Studio	
16:00 - 16:45	Virtual Cycling	Studio	
17:30 - 18:15	Virtual Cycling	Studio	Spin