

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 04/09/2024

Times for Wednesday 28 August



Time	Session	Facility	Level
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	
18:30 - 19:15	Virtual Cycling	Studio	Spin
19:30 - 20:15	Boxercise	Sports Hall	Combat