

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 04/09/2024

### Times for Thursday 29 August



Time	Session	Facility	Level
07:00 - 07:45	Strength and Conditioning	Studio	Strength and Toning
07:30 - 08:15	Virtual Cycling	Studio	Spin
08:30 - 09:15	Pilates	Studio	Mind and Body
09:30 - 10:15	Pilates	Studio	Mind and Body
10:30 - 11:15	Tai Chi	Studio	Mind and Body
12:15 - 13:00	Indoor Cycling	Studio	Spin
13:00 - 13:45	Strong & Steady	Studio	Strength and Toning
13:15 - 14:00	Virtual Cycling	Studio	Spin
14:00 - 14:45	Strong & Steady	Studio	Strength and Toning
16:00 - 16:45	Virtual Cycling	Studio	
17:30 - 18:15	Virtual Cycling	Studio	Spin
17:30 - 18:15	Kettlebells	Studio	Cardio
18:30 - 19:15	Indoor Cycling	Studio	Spin
18:45 - 19:30	Clubbercise	Studio	Dance
19:30 - 20:15	Virtual Cycling	Studio	
19:45 - 20:30	Yoga	Studio	Body, Mind and Soul