

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 04/09/2024

Times for Saturday 31 August



Time	Session	Facility	Level
08:30 - 09:15	Indoor Cycling	Studio	Spin
09:30 - 10:00	Core Strength	Studio	Strength and Toning
09:30 - 10:15	Virtual Cycling	Studio	
10:15 - 11:00	Kettlebells	Studio	Strength and Toning
11:00 - 11:45	Virtual Cycling	Studio	Spin
12:30 - 13:15	Virtual Cycling	Studio	Spin
14:00 - 14:45	Virtual Cycling	Studio	
14:45 - 15:45	Disability Football	Sports Hall	Inclusive Sports
15:30 - 16:15	Virtual Cycling	Studio	Spin
16:00 - 17:00	Boccia	Sports Hall	Inclusive Sports