

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 03/09/2024

Times for Sunday 1 September



Time	Session	Facility	Level
08:30 - 09:15	Indoor Cycling	Studio	Spin
09:30 - 10:15	Strength and Conditioning	Studio	Cardio
09:30 - 10:15	Virtual Cycling	Studio	
11:00 - 11:45	Virtual Cycling	Studio	Spin
12:30 - 13:15	Virtual Cycling	Studio	
14:00 - 14:45	Virtual Cycling	Studio	Spin
15:30 - 16:15	Virtual Cycling	Studio	Spin