

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 03/09/2024

### Times for Tuesday 3 September



Time	Session	Facility	Level
06:45 - 07:15	High Intensity Interval Training	Studio	Cardio
07:30 - 08:15	Indoor Cycling	Studio	Spin
09:00 - 09:45	Virtual Cycling	Studio	
11:00 - 11:45	Virtual Cycling	Studio	
12:00 - 12:45	Indoor Cycling	Studio	Spin
13:15 - 14:00	Pilates	Studio	Mind and Body
14:00 - 14:45	Virtual Cycling	Studio	
16:00 - 16:45	Virtual Cycling	Studio	
17:15 - 18:00	Strength and Conditioning	Studio	Strength and Toning
17:30 - 18:15	Virtual Cycling	Studio	Spin
17:30 - 18:30	Multi Sports	Sports Hall	Inclusive Sports
18:15 - 19:00	Kettlebells	Studio	Strength and Toning
19:00 - 19:45	Virtual Cycling	Studio	Spin
19:15 - 19:45	Core Strength	Studio	Strength and Toning