

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 10/09/2024

### Times for Monday 16 September



Time	Session	Facility	Level
06:45 - 07:30	Indoor Cycling	Studio	Spin
07:45 - 08:30	Virtual Cycling	Studio	Spin
09:00 - 09:45	Virtual Cycling	Studio	Spin
09:30 - 10:00	Core Strength	Studio	Strength and Toning
10:30 - 11:15	50+ Total Body Workout	Studio	50+
11:00 - 11:45	Virtual Cycling	Studio	Spin
12:00 - 12:45	Strength and Conditioning	Studio	Strength and Toning
12:15 - 12:45	Virtual Cycling	Studio	Spin
13:00 - 13:30	Kettlebells	Studio	Strength and Toning
14:00 - 14:45	Virtual Cycling	Studio	
16:00 - 16:45	Virtual Cycling	Studio	
17:30 - 18:00	High Intensity Interval Training	Studio	Cardio
17:30 - 18:15	Virtual Cycling	Studio	Spin
18:15 - 19:00	Pilates	Studio	Mind and Body
18:30 - 19:15	Indoor Cycling	Studio	Spin
19:15 - 20:00	Pilates	Sports Hall	Mind and Body
19:30 - 20:15	Virtual Cycling	Studio	Spin
20:15 - 21:00	Pilates	Studio	Mind and Body