

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 14/09/2024

Times for Friday 20 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
10:00 - 10:45	Pilates	Studio	Mind and Body
11:00 - 11:45	Pilates	Studio	Mind and Body
12:00 - 12:30	Core Strength	Studio	Strength and Toning
12:00 - 12:30	Virtual Cycling	Studio	Spin
12:45 - 13:30	Indoor Cycling	Studio	Spin
14:00 - 14:45	Virtual Cycling	Studio	
16:00 - 16:45	Virtual Cycling	Studio	
17:30 - 18:15	Indoor Cycling	Studio	Spin
17:30 - 18:15	Clubbercise	Studio	Dance
18:30 - 19:15	Aquafit	Main Pool	Aqua
18:30 - 19:15	Kettlebells	Studio	Strength and Toning
18:30 - 19:15	Virtual Cycling	Studio	Spin