

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 27/12/2024

Times for Sunday 29 December



Time	Session	Facility	Level
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