

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 27/12/2024

### Times for Monday 30 December



Time	Session	Facility	Level
07:45 - 08:30	Virtual Cycling	Studio	Spin
09:00 - 09:45	Virtual Cycling	Studio	Spin
11:00 - 11:45	Virtual Cycling	Studio	Spin
12:15 - 12:45	Virtual Cycling	Studio	Spin
14:00 - 14:45	Virtual Cycling	Studio	
16:00 - 16:45	Virtual Cycling	Studio	
17:30 - 18:15	Virtual Cycling	Studio	Spin