

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 30/12/2024

Times for Saturday 4 January



| Time | Session | Facility | Level |
|---------------|---------------------|-------------|---------------------|
| 08:30 - 09:15 | Indoor Cycling | Studio | Spin |
| 09:30 - 10:00 | Core Strength | Studio | Strength and Toning |
| 09:30 - 10:15 | Virtual Cycling | Studio | |
| 10:15 - 11:00 | Kettlebells | Studio | Strength and Toning |
| 11:00 - 11:45 | Virtual Cycling | Studio | Spin |
| 12:30 - 13:15 | Virtual Cycling | Studio | Spin |
| 14:00 - 14:45 | Virtual Cycling | Studio | |
| 14:45 - 15:45 | Disability Football | Sports Hall | Inclusive Sports |
| 15:30 - 16:15 | Virtual Cycling | Studio | Spin |
| 16:00 - 17:00 | Boccia | Sports Hall | Inclusive Sports |