

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 29/04/2024

### Times for Tuesday 17 May



Time	Session	Facility	Level
07:00 - 07:45	High Intensity Interval Training	Studio	Cardio
07:30 - 08:15	Indoor Cycling	Studio	Spin
12:00 - 12:45	Indoor Cycling	Studio	Spin
13:15 - 14:00	Pilates	Studio	Mind and Body
17:15 - 18:00	Strength and Conditioning	Studio	Strength and Toning
17:30 - 18:15	Virtual Cycling	Studio	Spin
18:15 - 19:00	Kettlebells	Studio	Strength and Toning
19:00 - 19:45	Virtual Cycling	Studio	Spin
19:15 - 19:45	Core Strength	Studio	Strength and Toning