

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 29/04/2024

Times for Wednesday 18 May



Time	Session	Facility	Level
06:45 - 07:30	Indoor Cycling	Studio	Spin
07:45 - 08:30	Virtual Cycling	Studio	Spin
09:15 - 09:45	Core Strength	Studio	Strength and Toning
09:15 - 10:00	Aquafit	Main Pool	Aqua
09:30 - 10:00	Virtual Cycling	Studio	Spin
10:00 - 10:45	Yoga	Studio	Mind and Body
11:00 - 11:45	Yoga	Studio	Body, Mind and Soul
13:00 - 13:30	Virtual Cycling	Studio	Spin
13:00 - 13:45	Total Body Workout	Studio	Strength and Toning
19:30 - 20:15	Boxercise	Sports Hall	Combat