

# Zest Group Fitness Timetable

## Northallerton Leisure Centre

Accurate as of 28/04/2024

### Times for Saturday 21 May



Time	Session	Facility	Level
08:30 - 09:15	Indoor Cycling	Studio	Spin
09:30 - 10:00	Core Strength	Studio	Strength and Toning
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
15:30 - 16:15	Virtual Cycling	Studio	Spin