


Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 14/09/2025

Times for Tuesday 24 May				
Time	Session	Facility	Level	
06:45 - 07:15	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	