

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 03/05/2024

Times for Thursday 26 May



Time	Session	Facility	Level
07:00 - 07:45	Strength and Conditioning	Studio	Strength and Toning
07:30 - 08:15	Virtual Cycling	Studio	Spin
08:30 - 09:15	Pilates	Studio	Mind and Body
09:30 - 10:15	Pilates	Studio	Mind and Body
10:30 - 11:15	Tai Chi	Studio	Mind and Body
12:15 - 13:00	Indoor Cycling	Studio	Spin
17:30 - 18:15	Virtual Cycling	Studio	Spin
17:30 - 18:15	Kettlebells	Studio	Cardio
18:30 - 19:15	Indoor Cycling	Studio	Spin
18:45 - 19:30	Clubbercise	Studio	Dance
19:45 - 20:30	Yoga	Studio	Body, Mind and Soul