

Zest Group Fitness Timetable

Northallerton Leisure Centre

Accurate as of 09/05/2024

Times for Wednesday 8 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 |
| 12:00 - 12:45 | Clubbercise | Studio | Dance |
| 13:00 - 13:30 | Virtual Cycling | Studio | Spin |
| 13:00 - 13:45 | Total Body Workout | Studio | Strength and Toning |
| 14:00 - 14:45 | Virtual Cycling | Studio | |
| 16:00 - 16:45 | Virtual Cycling | Studio | |
| 17:30 - 18:15 | Indoor Cycling | Studio | |
| 19:30 - 20:15 | Boxercise | Sports Hall | Combat |