

Group Fitness Timetable

Northallerton Leisure and Wellbeing Hub

Accurate as of 14/08/2026

Times for Friday 14 August				
Time	Session	Facility	Level	
06:45 - 07:30	Indoor Cycling	Studio	Spin	
07:45 - 08:30	Virtual Cycling	Studio	Spin	
09:00 - 09:45	Virtual Cycling	Studio	Spin	
10:00 - 10:45	Pilates	Studio	Mind and Body	
11:00 - 11:45	Pilates	Studio	Mind and Body	
12:00 - 12:30	Core Strength	Studio	Strength and Toning	
12:00 - 12:30	Virtual Cycling	Studio	Spin	
12:45 - 13:30	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	Spin	
17:30 - 18:15	Clubbercise	Studio	Dance	
18:30 - 19:15	Aquafit	Main Pool	Aqua	
18:30 - 19:15	Kettlebells	Studio	Strength and Toning	
18:30 - 19:15	Virtual Cycling	Studio	Spin	