

Group Fitness Timetable

Northallerton Leisure and Wellbeing Hub

Accurate as of 14/08/2026

Times for Saturday 15 August				
Time	Session	Facility	Level	
08:30 - 09:15	Strength and Conditioning	Studio	Strength and Toning	
09:30 - 10:00	Core Strength	Studio	Strength and Toning	
09:30 - 10:15	Virtual Cycling	Studio		
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	
14:00 - 14:45	Virtual Cycling	Studio		
14:45 - 15:45	Disability Football	Sports Hall	Inclusive Sports	
15:30 - 16:15	Virtual Cycling	Studio	Spin	
16:00 - 17:00	Boccia	Sports Hall	Inclusive Sports	