

Group Fitness Timetable

Northallerton Leisure and Wellbeing Hub

Accurate as of 14/08/2026

Times for Monday 17 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	
09:30 - 10:00	Core Strength	Studio	Strength and Toning	
10:30 - 11:15	50+ Total Body Workout	Studio	50+	
11:00 - 11:45	Virtual Cycling	Studio	Spin	
12:00 - 12:45	Strength and Conditioning	Studio	Strength and Toning	
12:15 - 12:45	Virtual Cycling	Studio	Spin	
13:00 - 13:30	Kettlebells	Studio	Strength and Toning	
14:00 - 14:45	Virtual Cycling	Studio		
16:00 - 16:45	Virtual Cycling	Studio		
17:30 - 18:00	High Intensity Interval Training	Studio	Cardio	
17:30 - 18:15	Virtual Cycling	Studio	Spin	
18:15 - 19:00	Pilates	Studio	Mind and Body	
18:30 - 19:15	Indoor Cycling	Studio	Spin	
19:15 - 20:00	Pilates	Sports Hall	Mind and Body	
19:30 - 20:15	Virtual Cycling	Studio	Spin	
20:15 - 21:00	Pilates	Studio	Mind and Body	