

Group Fitness Timetable

Northallerton Leisure and Wellbeing Hub

Accurate as of 14/08/2026

Times for Tuesday 18 August				
Time	Session	Facility	Level	
06:45 - 07:15	High Intensity Interval Training	Studio	Cardio	
07:30 - 08:15	Indoor Cycling	Studio	Spin	
09:00 - 09:45	Virtual Cycling	Studio		
11:00 - 11:45	Virtual Cycling	Studio		
12:00 - 12:45	Gym It	Studio	Strength and Toning	
12:15 - 13:00	Pilates	Studio	Body, Mind and Soul	
13:15 - 14:00	Pilates	Studio	Mind and Body	
14:00 - 14:45	Virtual Cycling	Studio		
16:00 - 16:45	Virtual Cycling	Studio		
17:15 - 18:00	Strength and Conditioning	Studio	Strength and Toning	
17:30 - 18:15	Virtual Cycling	Studio	Spin	
17:30 - 18:30	Multi Sports	Sports Hall	Inclusive Sports	
18:15 - 19:00	Kettlebells	Studio	Strength and Toning	
19:00 - 19:45	Virtual Cycling	Studio	Spin	
19:15 - 19:45	Core Strength	Studio	Strength and Toning	