

THE ZOO HEALTH CLUB GROUP FITNESS WINTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM W/ SUSAN LES MILLS BODYPUMP	5:45 AM W/ LAUREN ZOO CYCLE	5:45 AM W/ JENNY LES MILLS BODYPUMP	5:45 AM W/ JORDAN ZOO CYCLE	5:45 AM W/ LAUREN LES MILLS BODYPUMP	8:00 AM W/ INGRID/JENNY ZOO CYCLE	
8:45 AM W/ SUSAN (30) LES MILLS GRIT™		8:45 AM W/ SUSAN (30) LES MILLS GRIT™		8:00 AM W/ INGRID ZOO CYCLE	9:00 AM W/ JENNY (45) LES MILLS BODYPUMP	
9:15 AM W/ LAUREN ZOO CYCLE	9:15 AM W/ SUSAN LES MILLS BODYPUMP	9:15/9:45 AM W/ ALICIA barre 30/45 ZOO CYCLE	9:15 AM W/ LAUREN LES MILLS BODYPUMP	9:15 AM W/ NATALIE LES MILLS BODYCOMBAT	10:00 AM W/ NATALIE (45) LES MILLS BODYCOMBAT	
10:15 AM W/ TRAVIS LES MILLS BODYFLOW	Coming soon.... Senior Classes	10:30 AM W/ LEA YOGA	Coming soon.... Senior Classes	10:15 AM W/ TRAVIS LES MILLS BODYFLOW		
	4:15 PM KAREN (30) LES MILLS GRIT™	4:45 PM W/ KELLY (45) barre	4:15 PM 30 MIN W/ KAREN LES MILLS BODYCOMBAT	4:15 PM W/ SUSAN/KAREN LES MILLS GRIT™		4:00 PM W/ LEA YOGA
5:30 PM W/ TYSON ZOO CYCLE	4:45 PM KAREN (30) BUTTS & GUTS	5:30 PM W/ TYSON ZOO CYCLE	4:45 PM 30 MIN W/ KAREN BUTTS & GUTS			
6:30 PM W/ SUSAN (30) LES MILLS GRIT™	5:30 PM W/ JENNY LES MILLS BODYPUMP	6:15 PM W/ MARY (30) LES MILLS BODYCOMBAT	5:30 PM W/ TRAVIS LES MILLS BODYPUMP			
7:00 PM W/ HANNA (30) LES MILLS BODYFLOW	6:30 PM W/ KRISTIN ZOO CYCLE	6:45 PM W/ MARY (30)  Muscle Recovery	6:30 PM W/ MARY ZOO CYCLE			

*GRIT Strength

*GRIT Strength/Cardio
rotation

*GRIT Plyo/Cardio rotation

*GRIT Cardio

