






THE ZOO HEALTH CLUB GROUP FITNESS FALL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM W/ SUSAN LesMILLS BODYPUMP	5:45 AM W/ MARY ZOO CYCLE	5:45 AM W/ JENNY LesMILLS BODYPUMP	5:45 AM W/ JORDAN ZOO CYCLE	5:45 AM W/ LAUREN LesMILLS BODYPUMP	7:00 AM W/ MARY/JENNY ZOO CYCLE	
				8:00 AM W/ INGRID ZOO CYCLE		8:00 AM W/ JENNY LesMILLS BODYPUMP
9:15 AM W/ LAUREN ZOO CYCLE	9:15 AM W/ SUSAN LesMILLS BODYPUMP	9:15 AM W/ ALICIA ZOO CYCLE	9:15 AM W/ LAUREN LesMILLS BODYPUMP	9:15 AM W/ NATALIE LesMILLS BODYCOMBAT	9:15 AM W/ NATALIE LesMILLS BODYCOMBAT	
10:15 AM W/ TRAVIS LesMILLS BODYFLOW		10:15 AM W/ LEA 		10:15 AM W/ TRAVIS LesMILLS BODYFLOW		
	4:15 PM 30 MIN W/ KAREN 		4:15 PM 30 MIN W/ KAREN LesMILLS BODYCOMBAT			
5:30 PM W/ TYSON ZOO CYCLE	4:45 PM 30 MIN W/ KAREN LesMILLS CXWORX	5:30 PM W/ TYSON ZOO CYCLE	4:45 PM 30 MIN W/ KAREN LesMILLS CXWORX	SATURDAY ZC ROTATION 11/3 JENNY 11/10 MARY 11/17 JENNY 11/24 MARY 12/1 JENNY 12/8 MARY 12/15 JENNY 12/22 MARY	GROUP X CLASS TIMES Zoo Cycle-45 min Body Pump-55 min Body Flow-55 min Body Combat-55 min Zumba-55 min Yoga-60 min HIIT Step-30 min CX Worx-30 min Zoo Cycle Express-30 min	4:30 PM MIN W/ LEA 
6:15 PM W/ BRIONNE LesMILLS BODYPUMP	5:30 PM W/ JENNY LesMILLS BODYPUMP	6:15 PM W/ MARY (30) LesMILLS BODYCOMBAT	5:30 PM W/ TRAVIS LesMILLS BODYPUMP			
	6:30 PM W/ KRISTIN (30) ZOO CYCLE EXPRESS	6:45 PM W/ MARY (30) LesMILLS BODYFLOW	6:30 PM W/ MARY ZOO CYCLE			
7:15 PM W/ MELANIE 	7:15 PM W/ TRAVIS LesMILLS BODYFLOW	7:15 PM W/ MELANIE 	7:15 PM W/ HANNA LesMILLS BODYFLOW			

