





















Group Fitness Schedule at THE ZOO HEALTH CLUB ELITE

CYCLING ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS RPM 9:00AM - 10:00AM</p> <p> 12:00PM - 12:30PM</p> <p>LES MILLS RPM 6:00PM - 7:00PM</p>	<p>LES MILLS RPM 10:00AM - 11:00AM</p> <p> 12:00PM - 12:50PM</p> <p> 6:00PM - 7:00PM</p>	<p>LES MILLS RPM 9:00AM - 10:00AM</p> <p> 12:00PM - 12:30PM</p> <p> 6:00PM - 6:30PM</p>	<p>LES MILLS RPM 10:00AM - 11:00AM</p> <p> 12:00PM - 12:50PM</p> <p> 6:00PM - 7:00PM</p>	<p>LES MILLS RPM 9:00AM - 10:00AM</p>	<p>LES MILLS RPM 10:00AM - 11:00AM</p>	

Group Fitness Schedule at THE ZOO HEALTH CLUB ELITE

AROBICS ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 10:00AM - 11:00AM</p> <p> 12:00PM - 1:00PM</p> <p> LES MILLS BODYCOMBAT 6:00PM - 7:00PM</p>	<p> 8:00AM - 9:00AM</p> <p>LES MILLS BODYFLOW 9:00AM - 10:00AM</p> <p> LES MILLS BODYCOMBAT 10:00AM - 11:00AM</p> <p> 12:00PM - 1:00PM</p> <p>LES MILLS BODYPUMP 6:00PM - 7:00PM</p> <p> 7:00PM - 8:00PM</p>	<p>LES MILLS BODYPUMP 10:00AM - 11:00AM</p> <p> 12:00PM - 1:00PM</p> <p> LES MILLS BODYCOMBAT 6:00PM - 7:00PM</p>	<p> 8:00AM - 9:00AM</p> <p>LES MILLS BODYFLOW 9:00AM - 10:00AM</p> <p> LES MILLS BODYCOMBAT 10:00AM - 11:00AM</p> <p> 12:00PM - 1:00PM</p> <p> LES MILLS BODYPUMP 6:00PM - 7:00PM</p> <p> 7:00PM - 8:00PM</p>	<p>LES MILLS BODYPUMP 10:00AM - 11:00AM</p>		

LES MILLS
BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS
RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.



SilverSneakers Circuit class offers more cardiovascular and muscular endurance conditioning over our CLASSIC core class. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography.

LES MILLS
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



Zumba is a total-body cardio and aerobic workout, which provides a large calorie consumption. A study shows that a person burns 300 to 900kcal with an hour long Zumba exercise.

