|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | MON | TUE | WED | THU | FRI |
| 5:30AM | **SPIN**  45 min  *Danielle* |  | **SPIN**  *45 min*  *Danielle* |  |  |
| 9:15AM |  | **SPIN HIIT** | **ABS &**  **BUTTS**  MaryZoo | ***Mash up Class***  *MaryZoo* |  |
| 10:00AM |  |  |  |  | **SPIN HIIT**  30 min  *MaryZoo* |
| 4:30PM | *45 Min*  *Jason* | ***EXPRESS***30 min  *Bec* | ***Mash up Class***  ***EXPRESS*** 30 min  *Bec* | ***EXPRESS***30 min  *Bec* | **SPIN HIIT**  30 min  *MaryZoo* |
| 5:00PM |  | A picture containing sign, red, bright, blurry  Description automatically generated  *Fortnighly with Dallas* |  |  |  |
| 5:30PM | *Fortnighly with Dallas* |  | **5:15PM**  45 min  Jono | **SPIN HIIT**  30 min  *MaryZoo* | 1 hr  *Sandra* |
| 6:00PM | **SPIN HIIT**  30 min  *MaryZoo* | 1 hr  *Sandra* | **SPIN HIIT**  30 min  *MaryZoo* |  |  |

|  |  |  |
| --- | --- | --- |
|  | SAT | SUN |
| 8:15AM | A picture containing sign, red, bright, blurry  Description automatically generated  45 Min  *Dallas Alternating*  *with*    *45 min - Jono*  **SPIN**  45 min  *MaryZoo* |  |
| 8:30AM |  | **Sunday Circuit**  45 min  *Jason* |
| 9:15AM |  | 1 hr  *Helen/ Lisa* |
| 9:30AM | 1 hr  *Bec* |  |
| 10:15AM |  | 1 hr  *Sandra* |



*Opening Hours*

*Mon – Fri 8:00am – 12pm*

*3:30pm- 7:00pm*

*Saturday 8am – 12pm*

*Sunday 8am – 12pm*

*Creche Timetable*

*Mon – Fri 8am – 12pm*

*4:00 – 7pm*

*Saturday 8am – 12pm*

*Sunday 8am – 12pm*

Want the latest news &

updates on Group Fitness?

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Zoo Group Fitness



|  |  |
| --- | --- |
|  | BODYATTACK is a high-energy cardio-focussed class that also includes body-weight strength exercises. This class will dramatically improve your fitness and burn loads of calories, whilst also strengthening and toning your lower body, upper body & core. We’ll pump out energizing music, challenge your limits in a good way, **burn an average of 555 calories** per 60min class and leave you with a sense of achievement after every class! |
|  | BODYBALANCE is the yoga-based class that stretches and strengthens your entire body whilst helping to reduce stress levels. Pilates for core strength, as well as leg and back strengthening work are incorporated into the workout to give you a well-rounded session to benefit the mind and body. The perfect class to ‘balance’ out traditional gym work which shortens your muscles over time, BODYBALANCE will help lengthen your muscles back out, improving flexibility and improving your ability to build strength when you hit the gym floor again! |
| A picture containing sign, red, bright, blurry  Description automatically generated | Is a 40-50 min full body workout that combines all styles of workouts that will get your heart pounding, burning body fat and toning your muscles! Set to an 80’s or 90’s soundtrack you are bound to hear and sing along to one of your favourites. You’ll have so much fun you will forget your body is SCREAMING! |
|  | A full-body cardio workout to really tone your butt and thighs using a height adjustable step. Cardio blocks challenge the heart rate to get you fitter and push fat burning systems into high gear. We play energising and motivational hit music whilst you **burn an average of 540 calories** per 60min class and leave buzzing with satisfaction. |
|  | BODYPUMP is for anyone looking to get lean, toned and fit, **burning an average of 400 calories** per 60min class, with increased fat-burn continuing even once the class has finished. This full-body workout focusses on light weights and high repetitions to burn lots of calories, shape and tone your entire body, increase core strength and improve bone health. **BODYPUMP is the most popular group fitness class internationally!** A must try for anyone starting out in group fitness, especially those wanting to build muscle and get stronger but don’t know where to start in the gym 😊 |
| **ABS &**  **BUTTS** | This class focuses on strengthening your lower body and core using a range of weighted and body weight exercises. A different format each week will ensure you work up a sweat while working major and minor muscle groups. |
| **SPIN HIIT** | 30-minute High Intensity Interval Training (HIIT) Cycle Class to pumping music. |
|  | Hitting a slump in your normal fitness routine? Check out our ***HIIT Circuit*** class and start burning fat and building muscle in less time! These workouts alternate between intense bursts of activity and fixed periods of less-intense activity or even complete rest. Great for ALL levels of fitness. |
| **MASH UP CLASS** | Total body circuit is a **HIIT class** that incorporates both weights and cardio exercises for the whole body. Great support and options for all levels of fitness. |
|  | **A calorie-burning, energy-boosting, dance fitness party combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Zumba Fitness classes are often called ‘exercise’ in disguise 😉 Super effective? Check. Super fun? Check and check.** |