



Doone Kennedy  
**HOBART AQUATIC CENTRE**



SWIM



KIDS



AQUA



GYM



60PLUS

# WEEKLY GROUP FITNESS TIMETABLE



Cardio



Strength



Core



Flexibility



## WEEK ENDING 18<sup>th</sup> APRIL 2021

DAY/TIME	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	SATURDAY 17	SUNDAY 18
6:15am	45min SPIN Anna-Maria	55min LES MILLS BODYPUMP Tanya	30min LES MILLS GRIT STRENGTH Anna-Maria	45min SPIN Scott	45min LES MILLS BODYPUMP Hannah Lisa B		
6:15am	45min DEEP WATER AQUA Lisa T		45min DEEP WATER AQUA Lisa T				
7:15am	45min MAT PILATES Donna		45min H.I.I.T Zane		45min LES MILLS BODYBALANCE Emma-Jean Hannah		
8:15am	45min Senior Circuit Hannah	(7:45am) 45min SHALLOW WATER AQUA Tanya	45min Senior Circuit Lisa T	(7:45am) 45min SHALLOW WATER AQUA Anna-Maria	45min ZUMBA Emma-Jean	45min SPIN Trish	45min LES MILLS BODYATTACK Nadia Lisa B
9:15am	45min DEEP WATER AQUA Anna-Maria	45min DEEP WATER AQUA TABATA Hannah	45min DEEP WATER AQUA Danielle	45min DEEP WATER AQUA TABATA Danielle	45min DEEP WATER AQUA Hannah	30min LES MILLS GRIT STRENGTH Nadine Nadine	45min LES MILLS RPM Nadine Larissa
9:30am	45min LES MILLS BODYPUMP Danielle	45min LES MILLS RPM Yvette	55min LES MILLS BODYPUMP Anna-Maria	45min LES MILLS BODYSTEP Anna-Maria	45min LES MILLS RPM Yvette	(9:45am) 30min LES MILLS CORE Nadia Nadine	
10:30am	30min SPIN Christian	(10:40am) 55min MAT PILATES Lyndie		30min LES MILLS CORE Danielle	30min LES MILLS GRIT STRENGTH Anna-Maria	45min LES MILLS BODYCOMBAT Michelle G Lisa B	(10:15am) 45min LES MILLS BODYPUMP Nadine Lisa B
11:15am	30min H.I.I.T Zane				(11:05am) 30min LES MILLS CORE Danielle Anna-Maria	(11:20am) 55min MAT PILATES Donna	45min LES MILLS BODYSTEP Hannah Anna-Maria
12:15pm	30min LES MILLS GRIT STRENGTH Nadine	45min LES MILLS BODYPUMP Hannah	55min YOGA Hannah	30min LES MILLS BODYPUMP Danielle		45min DEEP WATER AQUA Lisa T	55min LES MILLS BODYBALANCE Hannah Anna-Maria
12:30pm						55min LES MILLS BODYPUMP Hannah Michelle G	
1:00pm	(12:50pm) 30min LES MILLS CORE Nadine			30min SPIN Christian	30min H.I.I.T Zane		
4:45pm	45min STEP HIIT Scott	45min LES MILLS BODYATTACK Nadia	45min SPIN Scott	45min LES MILLS BODYCOMBAT Michelle G	45min LES MILLS BODYPUMP Anna-Maria Danielle		
5:45pm	45min LES MILLS BODYCOMBAT Michelle G	45min SPIN Christian	45min LES MILLS BODYPUMP Larissa	45min ZUMBA Nadia	45min LES MILLS RPM Anna-Maria Kelliann		
6:45pm				45min DEEP WATER AQUA Lisa T			
6:45pm	45min LES MILLS BODYPUMP Michelle G	45min H.I.I.T Zane	45min LES MILLS BODYSTEP Hannah	45min YOGA Kelliann			

**This week's information...**

**It's time to get fitter, faster and stronger than ever before!**

**The Les Mills launch is here!**

***Friday 16<sup>th</sup>, Saturday 17<sup>th</sup> and Sunday 18<sup>th</sup> April.***

**Blast off with brand new music, moves and workouts!**

**Bring a friend along for free and join the party!**

**\*Check out the link on the Group Fitness Timetable email for more details**

**We look forward to seeing you soon!**

**Additional information...**

**BODYSTEP** on **Monday** at **4:45pm** will be replaced with a **STEP HIIT** for this week due to instructor availability.

**SHALLOW WATER AQUA** on **Tuesday** and **Thursday** at **8:15am** will move to a **7:45am** timeslot for this week only.

**PILATES** on **Saturday** at **10:15am** has been moved to a start time of **11:20am** for this week only due to our special Launch day event.