



Doone Kennedy
HOBART AQUATIC CENTRE



SWIM



KIDS



AQUA



GYM



60PLUS

WEEKLY GROUP FITNESS TIMETABLE



Cardio



Strength



Core



Flexibility

LES MILLS
RPM

LES MILLS
BODYCOMBAT

LES MILLS
BODYSTEP

SPIN

LES MILLS
BODYATTACK

ZUMBA

LES MILLS
BODYPUMP

LES MILLS
GRIT STRENGTH

Senior
Circuit

LES MILLS
CXWORX

MAT PILATES

LES MILLS
BODYBALANCE

YOGA

WEEK ENDING 16th AUGUST 2020

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	45min SPIN Scott	55min LES MILLS BODYPUMP Danielle	30min LES MILLS GRIT STRENGTH Anna-Maria	45min SPIN Anna-Maria	45min LES MILLS BODYPUMP Hannah		
6:15am	45min DEEP WATER AQUA Lisa T						
7:15am	45min MAT PILATES Donna				45min LES MILLS BODYBALANCE Hannah		
7:45am				45min DEEP WATER AQUA TABATA Danielle			
8:15am	45min Senior Circuit Danielle		45min Senior Circuit Nadia		45min ZUMBA Emma-Jean	45min SPIN Trish	45min LES MILLS BODYATTACK Lisa B
9:30am	45min DEEP WATER AQUA Lisa T	45min DEEP WATER AQUA TABATA Anna-Maria	45min DEEP WATER AQUA Danielle		45min DEEP WATER AQUA Anna-Maria		
9:30am	45min LES MILLS BODYPUMP Hannah	45min LES MILLS RPM Yvette	45min LES MILLS BODYPUMP Anna-Maria	45min LES MILLS BODYSTEP Anna-Maria	45min LES MILLS RPM Nadine	45min LES MILLS BODYCOMBAT Michelle G	45min SPIN Lisa B
10:30am	30min SPIN Christian	45min MAT PILATES Lyndie		30min LES MILLS CXWORX Danielle		45min MAT PILATES Donna	55min LES MILLS BODYPUMP Nadine
12:15pm						45min DEEP WATER AQUA Cindy	
12:15pm	30min LES MILLS GRIT STRENGTH Nadia	45min LES MILLS BODYPUMP Anna-Maria	45min MAT PILATES Lyndie	30min LES MILLS BODYPUMP Danielle	30min LES MILLS CXWORX Anna-Maria	45min LES MILLS BODYPUMP Larissa	45min LES MILLS BODYBALANCE Emma-Jean
1:00pm	30min LES MILLS CXWORX Nadia			30min SPIN Christian			
4:45pm	45min LES MILLS BODYSTEP Anna-Maria	45min LES MILLS BODYATTACK Nadia	45min SPIN Scott	45min LES MILLS BODYCOMBAT Tanya	45min LES MILLS BODYPUMP Danielle		
5:45pm	45min LES MILLS BODYPUMP Michelle G	45min SPIN Christian	45min LES MILLS BODYPUMP Tanya	45min YOGA Kelliann	45min SPIN Scott		

This week's information...

BODYPUMP on **Monday** at **6:15am** has been changed to a **55min** class format ongoing.

DWAQ on **Thursday** at **9.30am** has been moved to a **7:45am** timeslot for **this week only** due to a carnival being held at the Centre.

BODYPUMP on **Sunday** at **10:30am** has been changed to a **55min** class format ongoing.

All **Silver membership** card holders are entitled to attend all classes **highlighted in green and blue only**.

***Please note the Group Fitness Timetable is currently being reviewed weekly and will be subject to change*