



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 17th January 2021

DAY/TIME	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
6:15am	45min SPIN Trish	55min LES MILLS BODYPUMP Anna-Maria	30min LES MILLS GRIT STRENGTH Nadia	45min SPIN Scott	45min LES MILLS BODYPUMP Hannah		
6:15am	45min DEEP WATER AQUA Hannah		45min DEEP WATER AQUA Anna-Maria				
7:15am	45min YOGA Hannah		45min H.I.I.T Zane		45min LES MILLS BODYBALANCE Emma-Jean		
8:15am	45min Senior Circuit Anna-Maria	45min SHALLOW WATER AQUA Lisa T	45min Senior Circuit Hannah	45min SHALLOW WATER AQUA Anna-Maria	45min ZUMBA Emma-Jean	45min SPIN Trish	45min LES MILLS BODYATTACK Lisa B
9:15am	45min DEEP WATER AQUA Lisa T	45min DEEP WATER AQUA TABATA Lisa T	45min DEEP WATER AQUA Danielle	45min DEEP WATER AQUA TABATA Cindy	45min DEEP WATER AQUA Lisa T	45min LES MILLS BODYCOMBAT Tanya	45min LES MILLS RPM Nadine
9:30am	45min LES MILLS BODYPUMP Danielle	45min LES MILLS RPM Anna-Maria	55min LES MILLS BODYPUMP Anna-Maria	45min LES MILLS BODYSTEP Anna-Maria	45min LES MILLS RPM Nadine		
10:15am						55min MAT PILATES Donna	55min LES MILLS BODYPUMP Nadine
10:30am	30min SPIN Anna-Maria	55min LES MILLS BODYBALANCE Anna-Maria		30min LES MILLS CXWORX Danielle	30min LES MILLS GRIT STRENGTH Nadine		
11:15am	30min H.I.I.T Zane				30min LES MILLS CXWORX Danielle		
11:30am						55min LES MILLS BODYPUMP Nadine	55min STRETCH & FOAM ROLL Scott
12:15pm	30min LES MILLS GRIT STRENGTH Anna-Maria	45min LES MILLS BODYPUMP Danielle	55min YOGA Hannah	30min LES MILLS BODYPUMP Danielle		45min DEEP WATER AQUA Lisa T	
1:00pm	30min LES MILLS CXWORX Anna-Maria			30min SPIN Anna-Maria	45min H.I.I.T Zane		
4:45pm	45min LES MILLS BODYSTEP Hannah	45min LES MILLS BODYATTACK Nadia	45min SPIN Scott	45min LES MILLS BODYCOMBAT Tanya	45min LES MILLS BODYPUMP Nadine		
5:45pm	45min LES MILLS BODYCOMBAT Michelle G	45min SPIN Michelle G	45min LES MILLS BODYPUMP Lisa B	45min ZUMBA Nadia	45min SPIN Scott		
6:45pm	45min LES MILLS BODYPUMP Larissa	45min H.I.I.T Zane	45min LES MILLS BODYSTEP Lisa B	45min YOGA Hannah			

This week's information...

PILATES on Monday at 7:15am will be replaced with YOGA for this week due to instructor availability.

PILATES on Tuesday at 10:30am will be replaced with BODYBALANCE for this week due to instructor availability.

SPIN on Sunday at 9:15am will be replaced with RPM for this week.

PILATES on Sunday at 11:30am will be replaced with STRETCH & FOAM ROLL for this week due to instructor availability.

All Silver membership card holders are entitled to attend all classes highlighted in green and blue only between the hours of 7:45am – 3:30pm.

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