



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



LES MILLS
BODYPUMP

LES MILLS
**GRIT
STRENGTH**

Senior
Circuit

LES MILLS
CXWORX

MAT PILATES

LES MILLS
BODYBALANCE

YOGA

WEEK ENDING 1st November 2020

DAY/TIME	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	SATURDAY 31	SUNDAY 1
6:15am	45min SPIN Trish	55min LES MILLS BODYPUMP Danielle	30min LES MILLS GRIT STRENGTH Anna-Maria	45min SPIN Scott	45min LES MILLS BODYPUMP Hannah		
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		
8:15am	45min Senior Circuit Danielle		45min Senior Circuit Nadia	45min DEEP WATER AQUA TABATA Danielle	45min ZUMBA Emma-Jean	45min LES MILLS RPM Nadine	45min LES MILLS BODYATTACK Nadia
9:15am	45min DEEP WATER AQUA Lisa T	45min DEEP WATER AQUA TABATA Anna-Maria	45min DEEP WATER AQUA Lisa T		45min DEEP WATER AQUA Danielle	45min LES MILLS BODYCOMBAT Tanya	45min SPIN Scott
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 Nadine		
10:30am	30min SPIN Scott	55min MAT PILATES Lyndie		30min LES MILLS CXWORX Danielle	30min LES MILLS GRIT STRENGTH Nadia	45min MAT PILATES Donna	55min LES MILLS BODYPUMP Nadine
11:30am	30min H.I.I.T Scott					55min LES MILLS BODYPUMP Michelle G	
12:15pm	30min LES MILLS GRIT STRENGTH Anna-Maria	45min LES MILLS BODYPUMP Anna-Maria	55min YOGA Hannah	30min LES MILLS BODYPUMP Danielle	30min LES MILLS CXWORX Nadine	45min DEEP WATER AQUA Lisa T	55min LES MILLS BODYBALANCE Hannah
1:00pm	30min LES MILLS CXWORX Anna-Maria			30min SPIN Christian	45min H.I.I.T Zane		
4:45pm	45min LES MILLS BODYSTEP Anna-Maria	45min LES MILLS BODYATTACK Nadia	45min SPIN Christian	45min LES MILLS BODYCOMBAT Michelle G	45min LES MILLS BODYPUMP Anna-Maria		
5:45pm	45min LES MILLS BODYCOMBAT Tanya	45min SPIN Tanya	45min LES MILLS BODYPUMP Lisa B	45min ZUMBA Emma-Jean	45min SPIN Scott		
6:45pm	45min LES MILLS BODYPUMP Larissa	45min H.I.I.T Zane	45min LES MILLS BODYSTEP Lisa B	45min YOGA Kelliann			

This week's information...

PILATES on Tuesday at 10:30am has been changed to a 55min format ongoing.

DWAQ on Thursday at 9:15am has been changed to an 8:15am timeslot for this week due to a carnival being held at the Centre.

SPIN on Saturday at 8:15am has been replaced with **RPM** for this week only.

BODYPUMP on Saturday at 11:30am has been changed to a 55min format ongoing.

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**