



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 23rd AUGUST 2020

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

This week's information...

BODYPUMP on **Saturday** at **12:15pm** has been moved to an **11:30am** timeslot ongoing.
BODYBALANCE on **Sunday** at **12:15pm** has been moved to an **11:30am** timeslot 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*