

3699563104



Doonee 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 24<sup>th</sup> January 2021

DAY/TIME	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	SATURDAY 23	SUNDAY 24
6:15am	45min SPIN Trish	55min LES MILLS BODYPUMP Anna-Maria	30min LES MILLS GRIT STRENGTH Nadine	45min SPIN Scott	45min LES MILLS BODYPUMP Tanya		
6:15am	45min DEEP WATER AQUA Lisa T		45min DEEP WATER AQUA Anna-Maria				
7:15am	45min MAT PILATES Donna		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 Anna-Maria	45min SHALLOW WATER AQUA Anna-Maria	45min ZUMBA Emma-Jean	45min SPIN Trish	45min LES MILLS BODYSTEP Hannah
9:15am	45min DEEP WATER AQUA Hannah	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 Michelle G	45min SPIN Scott
9:30am	45min LES MILLS BODYPUMP Danielle	45min LES MILLS RPM Nadine	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 Hannah
10:30am	30min SPIN Anna-Maria	55min MAT PILATES Lyndie		30min LES MILLS CXWORX Danielle	30min LES MILLS GRIT STRENGTH Anna-Maria		
11:15am	30min H.I.I.T Zane				30min LES MILLS CXWORX Anna-Maria		
11:30am						55min LES MILLS BODYPUMP Nadine	55min LES MILLS BODYBALANCE Hannah
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 Danielle			30min SPIN Christian	45min H.I.I.T Zane		
4:45pm	45min LES MILLS BODYSTEP Lisa B	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 Scott	45min LES MILLS BODYPUMP Tanya	45min ZUMBA Emma-Jean	45min SPIN Scott		
6:45pm	45min LES MILLS BODYPUMP Tanya	45min H.I.I.T Scott	45min FREESTYLE STEP Tanya	45min YOGA Kelliann			

This week's information...

BODYSTEP on Wednesday at 6:45pm will run as a FREESTYLE STEP for this week due to instructor illness.

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