



Doone Kennedy
HOBART AQUATIC CENTRE



SWIM



KIDS



AQUA



GYM



60PLUS

WEEKLY GROUP FITNESS TIMETABLE



Cardio



Strength



Core



Flexibility



WEEK ENDING 25th April 2021

DAY/TIME	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25 1:00pm – 4:00pm
MORNING CLASSES	6.15am 45min SPIN Trish	6.15am 55min LES MILLS BODYPUMP Tanya	6.15am 30min LES MILLS GRIT STRENGTH Anna-Maria	6.15am 45min SPIN Scott	6.15am 45min LES MILLS BODYPUMP Lisa B		
	6.15am 45min DEEP WATER AQUA Hannah		6.15am 45min DEEP WATER AQUA Lisa T				
	7.15am 45min MAT PILATES Donna		7.15am 45min H.I.I.T Zane		7.15am 45min LES MILLS BODYBALANCE Emma-Jean		
	8.15am 45min Senior Circuit Anna-Maria	8.15am 45min SHALLOW WATER AQUA Tanya	8.15am 45min Senior Circuit Lisa T	8.15am 45min SHALLOW WATER AQUA Lisa T	8.15am 45min ZUMBA Emma-Jean	8.15am 45min SPIN Trish	
	9.15am 45min DEEP WATER AQUA Lisa T	9.15am 45min DEEP WATER AQUA TABATA Tanya	9.15am 45min DEEP WATER AQUA Lisa T	9.15am 45min DEEP WATER AQUA TABATA Lisa T	9.15am 45min DEEP WATER AQUA Lisa T	9.15am 45min LES MILLS BODYATTACK Nadia	
	9.30am 45min LES MILLS BODYPUMP Danielle Anna-Maria	9.30am 45min LES MILLS RPM Yvette	9.30am 55min LES MILLS BODYPUMP Danielle Anna-Maria	9.30am 45min LES MILLS BODYSTEP Anna-Maria	9.30am 45min LES MILLS RPM Nadine	10.15am 55min MAT PILATES Donna	
	10.30am 30min SPIN Christian	10:40am 55min MAT PILATES Lyndie		10.30am 30min LES MILLS CORE Anna-Maria	10.30am 30min LES MILLS GRIT STRENGTH Nadia	11.30am 55min LES MILLS BODYPUMP Nadine	
	11.15am 30min H.I.I.T Hannah				11:05am 30min LES MILLS CORE Nadia		
LUNCH CLASSES	12.15pm 30min LES MILLS GRIT STRENGTH Nadine	12.15pm 45min LES MILLS BODYPUMP Danielle	12.15pm 55min YOGA Raphael	12.15pm 30min LES MILLS BODYPUMP Anna-Maria		12.15pm 45min DEEP WATER AQUA Lisa T	1.15pm 55min LES MILLS BODYPUMP Nadine
	12:50pm 30min LES MILLS CORE Nadine			1:00pm 30min SPIN Christian	1:00pm 45min H.I.I.T Scott		2.25pm 55min YOGA Raphael
EVENING CLASSES	4.45pm 45min LES MILLS BODYSTEP Hannah	4.45pm 45min LES MILLS BODYATTACK Nadia	4.45pm 45min SPIN Scott	4.45pm 45min LES MILLS BODYCOMBAT Lisa B	4.45pm 45min LES MILLS BODYPUMP Anna-Maria		
	5.45pm 45min LES MILLS BODYCOMBAT Michelle G	5.45pm 45min SPIN Christian	5.45pm 45min LES MILLS BODYPUMP Michelle G	5.45pm 45min OLD SCHOOL AEROBICS Tanya	5.45pm 45min SPIN Scott		
				6.45pm 45min DEEP WATER AQUA Tanya			
	6.45pm 45min LES MILLS BODYPUMP Michelle G	6.45pm 45min H.I.I.T Hannah	6.45pm 45min STEP HIIT Scott	6.45pm 45min YOGA Kelliann			

This week's information...

BODYSTEP on Wednesday at 6:45pm will be replaced with **STEP HIIT** for this week due to instructor availability.
BODYCOMBAT on Saturday at 9:15am will be replaced with **BODYATTACK** for this week due to instructor availability.
BODYBALANCE on Sunday at 2:30pm will be replaced with **YOGA** 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 change of opening hours and class times on Sunday 25th April due to the Public Holiday.



@the.hobart.aquaticcentre

Phone 6222 6999

www.hobartaquaticcentre.com.au