



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 25th OCTOBER 2020

DAY/TIME	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	SATURDAY 24	SUNDAY 25	
6:15am	45min SPIN Scott	55min LES MILLS BODYPUMP Danielle	30min LES MILLS GRIT STRENGTH Nadia	Show Day PUBLIC HOLIDAY 8:00am- 4:00pm	45min LES MILLS BODYPUMP Hannah			
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 Senior Circuit Nadia		55 mins SPIN Trish	45min ZUMBA Emma-Jean	45min SPIN Trish	45min LES MILLS BODYATTACK Lisa B
8:45am			45min DEEP WATER AQUA Danielle					
9:15am	45min DEEP WATER AQUA Lisa T	45min DEEP WATER AQUA TABATA Anna-Maria		45min DEEP WATER AQUA TABATA Lisa T	45min DEEP WATER AQUA Hannah	45min LES MILLS BODYCOMBAT Tanya	45min LES MILLS RPM Nadine	
9:30am	45min LES MILLS BODYPUMP Danielle	45min LES MILLS RPM Yvette	55min LES MILLS BODYPUMP Anna-Maria	45min LES MILLS BODYPUMP Lisa B	45min LES MILLS RPM Nadine			
10:30am	30min SPIN Christian	55min MAT PILATES Lyndie		45min LES MILLS BODYCOMBAT Lisa B	30min LES MILLS GRIT STRENGTH Nadia	45min MAT PILATES Donna	55min LES MILLS BODYPUMP Nadine	
11:30am	30min H.I.I.T Anna-Maria			55min YOGA Kelliann		45min LES MILLS BODYPUMP Nadine		
12:15pm	30min LES MILLS GRIT STRENGTH Anna-Maria	45min LES MILLS BODYPUMP Anna-Maria	55min YOGA Hannah		30min LES MILLS CXWORX Nadia	45min DEEP WATER AQUA Cindy	55min LES MILLS BODYBALANCE Hannah	
1:00pm	30min LES MILLS CXWORX Danielle				45min H.I.I.T Zane			
4:45pm	45min FREESTYLE STEP Tanya	45min LES MILLS BODYATTACK Nadia	45min SPIN Christian		45min LES MILLS BODYPUMP Tanya			
5:45pm	45min LES MILLS BODYCOMBAT Michelle G	45min SPIN Michelle G	45min LES MILLS BODYPUMP Lisa B		45min SPIN Scott			
6:45pm	45min LES MILLS BODYPUMP Larissa	45min H.I.I.T Nadia	45min LES MILLS BODYSTEP Hannah					

This week's information...

BODYSTEP on Monday at 4:45pm has been changed to a FREESTYLE STEP for this week due to instructor availability.

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

DWAQ on Wednesday at 9:15am has been changed to an 8:45am timeslot for this week due to a carnival been held at the Centre.

PLEASE NOTE: Thursday 22nd is a PUBLIC HOLIDAY and limited classes have been offered.

SPIN on Sunday at 9:15am has been changed to RPM for this week due to instructor availability.

All Silver membership card holders are entitled to attend all classes highlighted in green and blue only.

It's SOCK IT TO SUICIDE WEEK and we encourage you to wear your loudest, craziest, brightest socks all this week to help raise awareness.

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