



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 31<sup>st</sup> January 2021

DAY/TIME	MONDAY 25	TUESDAY 26 8:00am – 4:00pm	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	SATURDAY 30	SUNDAY 31
6:15am	45min SPIN Trish		30min LES MILLS <b>GRIT STRENGTH</b> Nadia	45min SPIN Tanya	45min LES MILLS <b>BODYPUMP</b> Hannah		
6:15am	45min DEEP WATER AQUA Hannah		45min DEEP WATER AQUA Lisa T				
7:15am	45min YOGA Hannah		45min H.I.I.T. Zane		45min LES MILLS <b>BODYBALANCE</b> Emma-Jean		
8:15am		45min SHALLOW WATER AQUA Lisa T		45min SHALLOW WATER AQUA Tanya			
8:15am	45min Senior Circuit Anna-Maria	45min ZUMBA Emma-Jean	45min Senior Circuit Nadia		45min ZUMBA Emma-Jean	45min SPIN Trish	45min LES MILLS <b>BODYATTACK</b> Lisa B
9:15am	45min DEEP WATER AQUA Lisa T		45min DEEP WATER AQUA Danielle	45min DEEP WATER AQUA Tanya	45min DEEP WATER AQUA Hannah	45min LES MILLS <b>BODYCOMBAT</b> Michelle G	45min SPIN Lisa B
9:30am	45min LES MILLS <b>BODYPUMP</b> Anna-Maria	45min LES MILLS <b>RPM</b> Nadine	55min LES MILLS <b>BODYPUMP</b> Nadine	45min LES MILLS <b>BODYSTEP</b> Danielle	45min LES MILLS <b>RPM</b> Nadine		
10:15am						55min MAT PILATES Donna	55min LES MILLS <b>BODYPUMP</b> Nadine
10:30am	30min SPIN Christian	55min MAT PILATES Lyndie		30min LES MILLS <b>CXWORX</b> Danielle	30min LES MILLS <b>GRIT STRENGTH</b> Nadia		
11:15am	30min H.I.I.T. Zane				30min LES MILLS <b>CXWORX</b> Nadia		
11:30am						55min LES MILLS <b>BODYPUMP</b> Nadine	55min MAT PILATES Donna
12:15pm	30min LES MILLS <b>GRIT STRENGTH</b> Anna-Maria	55min LES MILLS <b>BODYPUMP</b> Lisa B	55min YOGA Hannah	30min LES MILLS <b>BODYPUMP</b> Danielle		45min DEEP WATER AQUA Lisa T	
1:00pm	30min LES MILLS <b>CXWORX</b> Nadia			30min SPIN Christian	45min H.I.I.T. Anna-Maria		
4:45pm	45min FREESTYLE STEP Tanya		45min SPIN Christian	45min LES MILLS <b>BODYCOMBAT</b> Lisa B	45min LES MILLS <b>BODYPUMP</b> Anna-Maria		
5:45pm	45min LES MILLS <b>BODYCOMBAT</b> Tanya		45min LES MILLS <b>BODYPUMP</b> Michelle G	45min ZUMBA Emma-Jean	45min SPIN Anna-Maria		
6:45pm	45min LES MILLS <b>BODYPUMP</b> Tanya		45min LES MILLS <b>BODYSTEP</b> Hannah	45min YOGA Kelliann			

### This week's information...

PILATES on Monday at 7:15am will be replaced with YOGA for this week due to instructor availability.

BODYSTEP on Monday at 4:45pm will be replaced with FREESTYLE STEP for this week due to instructor availability.

BODYBALANCE on Sunday at 11:30am will be replaced with PILATES STRETCH for this week due to instructor availability.

Please take note of our Public Holiday opening hours and modified class times.

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.