

# DKHAC GROUP FITNESS TIMETABLE 2019

	Monday 16/9 6.00am-9.00pm	Tuesday 17/9 6.00am-9.00pm	Wednesday 18/9 6.00am-9.00pm	Thursday 19/9 6.00am-9.00pm	Friday 20/9 6.00am-7.30pm	Saturday 21/9 8.00am-6.00pm	Sunday 22/9 8.00am-6.00pm
MORNING SESSIONS	6:10am <b>SPIN</b> Trish	6:10am <b>LES MILLS BODYPUMP</b> Anna-Maria	6:10am <b>LES MILLS BODYCOMBAT</b> Trish	6:10am <b>SPIN</b> Michelle C	6:10am <b>LES MILLS BODYPUMP</b> Lisa B		
	6:15am Deep Water Aqua Lisa T	6:10am <b>Boxing</b> Kevin	6:15am Deep Water Aqua Hannah		6:15am Deep Water Aqua Lisa T		
	7:10am <b>MAT PILATES</b> Daniela	7:10am <b>MFT</b> Kevin	8:15am <b>Senior Circuit</b> Francois	7:10am <b>MAT PILATES</b> Daniela	7:10am <b>LES MILLS BODYBALANCE</b> Emma-Jean		
	8:15am <b>Senior Circuit</b> Danielle	8:30am Shallow Water Aqua TABATA Lisa T		8:30am Shallow Water Aqua Lisa T	8:15am <b>ZUMBA GOLD</b> Emma-Jean	8:10am <b>SPIN</b> Lisa B	8:10am <b>LES MILLS BODYCOMBAT</b> Tanya
	9:30am Deep Water Aqua Francois	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Anna-Maria	9:30am Deep Water Aqua Cindy	9:30am Deep Water Aqua Hannah	9:10am Deep Water Aqua Lisa T	9:10am <b>SPIN</b> Tanya
	9:30am <b>LES MILLS BODYPUMP</b> Danielle	9:30am <b>LES MILLS RPM</b> Yvette	9:30am <b>LES MILLS BODYPUMP</b> Nadine	9:30am <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	9:30am <b>LES MILLS BODYSTEP</b> Anna-Maria	9:10am <b>LES MILLS CXWORX</b> Nadine	
	10:35am <b>LES MILLS RPM</b> Anna-Maria	10:35am <b>MAT PILATES</b> Lyndie	10:35am <b>LES MILLS BODYBALANCE</b> Hannah	10:05am <b>LES MILLS CXWORX</b> Danielle	10:35am <b>LES MILLS RPM</b> Nadine	9:45am <b>LES MILLS BODYCOMBAT</b> Tanya	10:10am <b>LES MILLS BODYPUMP</b> Nadine
LUNCH SESSIONS	12:15pm <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	12:15pm <b>LES MILLS CXWORX</b> Danielle	12:15pm <b>MAT PILATES</b> Lyndie	12:15pm <b>LES MILLS GRIT</b>   <b>CARDIO</b> Mel	12:15pm <b>LES MILLS BODYPUMP</b> Nadine	11:00am <b>MAT PILATES</b> Daniela	
	12:45pm <b>MFT</b> Lisa T	12:45pm <b>MFT</b> Zane		12:45pm <b>MFT</b> Kevin	1:15pm (athletic) <b>LES MILLS GRIT</b>   <b>PLYO</b> Anna-Maria	12:00pm <b>MFT</b> Zane	
AFTERNOON/ EVENING SESSIONS	4:30pm (30 mins) <b>LES MILLS BODYSTEP</b> Hannah	4:30pm <b>LES MILLS BODYCOMBAT</b> Michelle G	4:30pm <b>LES MILLS BODYPUMP</b> Tanya	4:30pm <b>LES MILLS RPM</b> Kelliann	4:30pm <b>YOGA</b> Kelliann	4:00pm <b>LES MILLS BODYPUMP</b> Larissa	4:00pm <b>LES MILLS BODYBALANCE</b> Hannah
	5:30pm <b>LES MILLS BODYPUMP</b> Michelle G	5:30pm (45mins) <b>LES MILLS BODYATTACK</b> Nadia	5:35pm (30mins) <b>MFT</b> Zane	5:30pm <b>LES MILLS CXWORX</b> Nick	5:30pm <b>LES MILLS BODYCOMBAT</b> Mel		
	6:35pm <b>Cardio HIT</b> Zane	6:20pm (45mins) <b>LES MILLS RPM</b> Larissa	6:10pm <b>YOGA</b> Kelliann	6:05pm <b>FREESTYLE STEP</b> Nadia			
	7:10pm <b>LES MILLS BODYBALANCE</b> Emma-Jean	6:15pm Deep Water Aqua Hannah	6:15pm Shallow Water Aqua Tanya	6:15pm Deep Water Aqua Tanya			
	7:10pm <b>LES MILLS BODYPUMP</b> Larissa	7:15pm <b>Boxing</b> Scott	7:10pm (30mins) <b>MFT</b> Zane				



Doone Kennedy  
**HOBART AQUATIC CENTRE**



## INFORMATION FOR THE WEEK...

- **BODY STEP** on Monday 16<sup>th</sup> September will be running as a 30 minute EXPRESS format class due to instructor availability. The class will return to the regular 55 min format next week.
- **YOGA** on Wednesday evenings is still in a trial phase and we are yet to make a decision on which class will take over this time slot. We are open to your feedback regarding what class you would like to see in this space.
- **Body Step** on Thursday 19<sup>th</sup> September at 6:05pm will be replaced with a **FREESTYLE STEP CLASS** for this week due to instructor availability.

