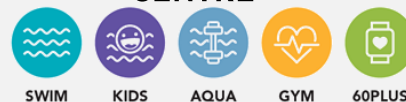


DKHAC GROUP FITNESS TIMETABLE 2019

	Monday 9/9 6.00am-9.00pm	Tuesday 10/9 6.00am-9.00pm	Wednesday 11/9 6.00am-9.00pm	Thursday 12/9 6.00am-9.00pm	Friday 13/9 6.00am-7.30pm	Saturday 14/9 8.00am-6.00pm	Sunday 15/9 8.00am-6.00pm
MORNING SESSIONS	6:10am SPIN Trish	6:10am LES MILLS BODYPUMP Larissa	6:10am LES MILLS BODYCOMBAT Michelle C	6:10am SPIN Michelle C	6:10am LES MILLS BODYPUMP Lisa B		
	6:15am Deep Water Aqua Francois	6:10am Boxing Anna-Maria	6:15am Deep Water Aqua Anna-Maria		6:15am Deep Water Aqua Hannah		
	7:10am MAT PILATES Daniela	7:10am MFT Lisa T	8:15am Senior Circuit Francois	7:10am MAT PILATES Daniela	7:10am LES MILLS BODYBALANCE Hannah		
	8:15am Senior Circuit Danielle	8:30am Shallow Water Aqua TABATA Lisa T		8:30am Shallow Water Aqua Lisa T	8:15am Senior Circuit Francois	8:10am SPIN Trish	8:10am LES MILLS BODYCOMBAT Mel
	9:30am Deep Water Aqua Lisa T	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Francois	9:30am Deep Water Aqua Cindy	9:30am Deep Water Aqua Hannah	9:10am Deep Water Aqua Hannah	9:10am SPIN Michelle G
	9:30am LES MILLS BODYPUMP Danielle	9:30am LES MILLS RPM Yvette	9:30am LES MILLS BODYPUMP Nadine	9:30am LES MILLS GRIT STRENGTH Anna-Maria	9:30am FREESTYLE STEP Nadia	9:10am LES MILLS CXWORX Nadine	
	10:35am LES MILLS RPM Anna-Maria	10:35am MAT PILATES Lyndie	10:35am LES MILLS BODYBALANCE Hannah	10:05am LES MILLS CXWORX Danielle	10:35am LES MILLS RPM Nadine	9:45am LES MILLS BODYCOMBAT Michelle C	10:10am LES MILLS BODYPUMP Nadine
LUNCH SESSIONS	12:15pm LES MILLS GRIT STRENGTH Anna-Maria	12:15pm LES MILLS CXWORX Danielle	12:15pm MAT PILATES Lyndie	12:15pm LES MILLS GRIT CARDIO Mel	12:15pm LES MILLS BODYPUMP Nadine	11:00am MAT PILATES Daniela	
	12:45pm MFT Lisa T	12:45pm MFT Zane		12:45pm MFT Scott	1:15pm (athletic) LES MILLS GRIT PLYO Anna-Maria	12:00pm MFT Lisa T	
AFTERNOON/ EVENING SESSIONS	4:30pm FREESTYLE STEP Tanya	4:30pm LES MILLS BODYCOMBAT Lisa B	4:30pm LES MILLS BODYPUMP Michelle G	4:30pm LES MILLS RPM Kelliann	4:30pm LES MILLS BODYBALANCE Hannah	4:00pm LES MILLS BODYPUMP Michelle G	4:00pm LES MILLS BODYBALANCE Emma-Jean
	5:30pm LES MILLS BODYPUMP Tanya	5:30pm (45mins) LES MILLS BODYATTACK Lisa B	5:35pm (30mins) MFT Zane	5:30pm LES MILLS CXWORX Nadia	5:30pm LES MILLS BODYCOMBAT Michelle G		
	6:35pm Cardio HIIT Zane	6:20pm (45mins) LES MILLS RPM Larissa	6:10pm YOGA Kelliann	6:05pm FREESTYLE STEP Nadia			
	7:10pm LES MILLS BODYBALANCE Emma-Jean	6:15pm Deep Water Aqua Tanya	6:15pm Shallow Water Aqua Hannah	6:15pm Deep Water Aqua Tanya			
	7:10pm LES MILLS BODYPUMP Tanya	7:15pm Boxing Scott	7:10pm (30mins) MFT Zane				



Doone Kennedy
HOBART AQUATIC CENTRE



INFORMATION FOR THE WEEK...

- **Body Step** on **Monday 9th September** at **4:30pm** will be replaced with a **FREESTYLE STEP CLASS** for this week due to instructor availability.
- **Body Step** on **Thursday 12th September** at **6:05pm** will be replaced with a **FREESTYLE STEP CLASS** for this week due to instructor availability.
- **YOGA** on **Friday 13th September** at **4:30pm** will be replaced with a **BODY BALANCE CLASS** for this week due to instructor availability.