



Doone Kennedy
HOBART AQUATIC CENTRE



SWIM



KIDS



AQUA



GYM



60PLUS

WEEKLY GROUP FITNESS TIMETABLE



WEEK ENDING 23rd January 2022

DAY/TIME	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22	SUNDAY 23
MORNING CLASSES	5.40am 55min SPIN	5.40am 55min LESMILLS BODYPUMP	5.40am 30min BODYRIP	5.40am 55min SPIN	5.40am 55min FREESTYLE BAR		
	6.15am 45min DEEP WATER AQUA		6.15am 45min DEEP WATER AQUA	6.50am 55min MAT PILATES	6.15am 45min DEEP WATER AQUA		
	6.50am 55min MAT PILATES	6.50am 55min LESMILLS BODYCOMBAT	6.20am 45min H.I.I.T	8.00am 45min BODYRIP	7.15am 50min MAT PILATES		
	8.15am 45min LOW IMPACT CIRCUIT	8.15am 45min SHALLOW WATER AQUA	7.15am 30min LESMILLS CORE	8.15am 45min SHALLOW WATER AQUA	8.15am 45min ZUMBA	8.10am 55min SPIN	8.10am 45min ZUMBA
	9.15am 45min DEEP WATER AQUA	9.15am 45min DEEP WATER AQUA TABATA	8.15am 45min LOW IMPACT CIRCUIT	9.15am 45min DEEP WATER AQUA TABATA	9.15am 45min DEEP WATER AQUA	9.15am 55min LESMILLS BODYCOMBAT	9.10am 50min LESMILLS RPM
	9.30am 45min LESMILLS BODYPUMP	9.30am 45min LESMILLS RPM	9.15am 45min DEEP WATER AQUA	9.30am 45min STEP HIT	9.30am 45min LESMILLS RPM	10.15am 55min MAT PILATES	10.15am 55min LESMILLS BODYPUMP
	10.30am 45min SPIN	10.40am 55min LESMILLS BODYBALANCE	9.30am 55min LESMILLS BODYPUMP	10.25am 30min LESMILLS CORE	10.30am 45min H.I.I.T	11.30am 55min LESMILLS BODYPUMP	11.30am 55min MAT PILATES CANCELLED
LUNCH CLASSES	12.15pm 30min LESMILLS GRIT STRENGTH	12.15pm 45min LESMILLS BODYPUMP	12.15pm 55min YOGA	12.15pm 30min LESMILLS BODYPUMP	12.15pm 45min BODYRIP	12.15pm 45min DEEP WATER AQUA	12.45pm 45min BODYRIP CANCELLED
	12.50pm 30min LESMILLS CORE			1:00pm 30min SPIN	1:00pm 55min LESMILLS BODYBALANCE CANCELLED	1:00pm 30min H.I.I.T	3:00pm 45min SPIN
EVENING CLASSES				4.30pm 45min H.I.I.T		GYM CLOSING 4PM SATURDAY/SUNDAY	
	4.30pm 45min FREESTYLE STEP	4.45pm 45min LESMILLS BODYCOMBAT	4.45pm 45min SPIN	5.30pm 45min LESMILLS BODYCOMBAT	4.30pm 45min LESMILLS BODYPUMP		
	5.30pm 45min FREESTYLE BAR	5.45pm 45min SPIN	5.45pm 45min LESMILLS BODYPUMP	6.45pm 45min DEEP WATER AQUA	5.30pm 45min LESMILLS RPM		
	6.30pm 45min BODYRIP	6.45pm 45min H.I.I.T	6.45pm 45min LESMILLS BODYCOMBAT	6.30pm 45min YOGA	6.30pm 30min H.I.I.T		

This week's information...

New times for some classes in the Morning and Evening Timeslots.

Check out our 'Pop Up' class this weekend – SPIN with Omid

Due to Staff availability, the timetable is subject to change, we appreciate your understanding during this time.

Join us on the Socials;



@the.hobart.aquatic.centre

Phone 6222 6962



@hobart_aquatic_centre

www.hobartaquaticcentre.com.au