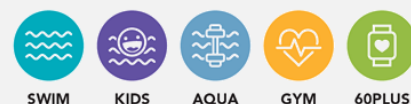


# DKHAC GROUP FITNESS TIMETABLE 2020

	Monday 09/03 8.00am-6.00pm	Tuesday 10/03 6.00am-9.00pm	Wednesday 11/03 6.00am-9.00pm	Thursday 12/03 6.00am-9.00pm	Friday 13/03 6.00am-7.30pm	Saturday 14/03 8.00am-6.00pm	Sunday 15/03 8.00am-6.00pm
MORNING SESSIONS		6:10am <b>LES MILLS BODY PUMP</b> Tanya	6:10am <b>LES MILLS BODYCOMBAT</b> Trish	6:10am SPIN 	6:10am <b>LES MILLS BODY PUMP</b> Anna-Maria		
		6:15am Deep Water Aqua Lisa T	6:15am Deep Water Aqua Anna-Maria	Michelle C	6:15am Deep Water Aqua Lisa T		
		6:10am  Nadia					
		7:10am MFT  Lisa T	8:15am  Senior Circuit (Strength) Hannah	7:10am MAT PILATES  Daniela	7:10am <b>LES MILLS BODYBALANCE</b> Emma-Jean		
	8:15am  Senior Circuit (Cardio) Tanya	8:30am Shallow Water Aqua TABATA Cancelled		8:30am Shallow Water Aqua Lisa T	8:15am  ZUMBA Emma-Jean	8:10am SPIN  Trish	8:10am <b>LES MILLS BODYCOMBAT</b> Lisa B
	9:30am Deep Water Aqua Cancelled	9:30am Deep Water Aqua TABATA Cancelled	8:30am Deep Water Aqua TABATA (30min) Cindy	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Lisa T	9:10am SPIN  Lisa B
9:30am <b>LES MILLS BODY PUMP</b> Tanya	9:30am <b>LES MILLS RPM</b> Yvette	9:30am <b>LES MILLS BODY PUMP</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 SPIN  Lisa B	10:35am MAT PILATES  Lyndie	10:35am <b>LES MILLS BODYBALANCE</b> Hannah	10:05am <b>LES MILLS CXWORX</b> Anna-Maria	10:35am <b>LES MILLS RPM</b> Nadine	9:45am <b>LES MILLS BODYCOMBAT</b> Michelle G	10:10am <b>LES MILLS BODY PUMP</b> Nadine	
LUNCH SESSIONS	12:15pm Cardio HIIT  Zane	12:15pm <b>LES MILLS CXWORX</b> Danielle	12:15pm MAT PILATES  Lyndie	12:15pm SPIN  Christian	12:15pm <b>LES MILLS BODY PUMP</b> Nadine	11:00am MAT PILATES  Daniela	11:10am  Boxing Scott
	12:45pm (30 min) <b>LES MILLS BODYBALANCE</b> Hannah	12:45pm MFT  Zane		12:45pm MFT  Scott	1:15pm <b>LES MILLS GRIT PLYO</b> Anna-Maria		
AFTERNOON SESSIONS			3:45pm  PRO-TEEN PROGRAM Scott				
	4:30pm  ZUMBA Emma-Jean	4:30pm <b>LES MILLS BODYCOMBAT</b> Michelle G	4:30pm <b>LES MILLS BODY PUMP</b> Nadine	4:30pm <b>LES MILLS RPM</b> Kelliann	4:30pm YOGA  Kelliann	4:00pm <b>LES MILLS BODY PUMP</b> Larissa	4:00pm MAT PILATES  Donna
		5:30pm (45mins) <b>LES MILLS BODYATTACK</b> Nadia	5:35pm (30mins) MFT  Lisa T	5:30pm <b>LES MILLS CXWORX</b> Larissa	5:30pm <b>LES MILLS BODYCOMBAT</b> Tanya		
		6:20pm (45mins) SPIN  Christian	6:15pm YOGA  Kelliann	6:05pm FREESTYLE STEP Nadia			
		6:15pm Deep Water Aqua TABATA Hannah	7:10pm  Boxing Scott	6:15pm Deep Water Aqua Tanya			
	7:15pm <b>LES MILLS BODY PUMP</b> Hannah						



## INFORMATION FOR THE WEEK...

- Please note **Monday 9<sup>th</sup> March** is a **public holiday** and the Centre will be open between **8:00am – 6:00pm**.
- **DWAQ** on **Monday 9<sup>th</sup> March** will be **cancelled** due to a carnival being held at the Centre.
- **GRIT STRENGTH** on **Monday 9<sup>th</sup> February** will be replaced with a **CARDIO HIIT** class due to instructor availability.
- **BODYSTEP** on **Monday 9<sup>th</sup> February** will be replaced with a **Zumba** class due to instructor availability.
- **An additional class of DWAQ** will be held on **Tuesday 10<sup>th</sup> March** at **6.15am** for this week only.
- **SHWAQ** on **Tuesday 10<sup>th</sup> March** at **8:30am** will be **cancelled** due to a carnival being held at the Centre.
- **DWAQ** on **Tuesday 10<sup>th</sup> March** at **9:30am** will be **cancelled** due to a carnival being held at the Centre.
- **DWAQ** on **Tuesday 10<sup>th</sup> March** at **6:15pm** will be trialled as a **TABATA** class for this week only.
- **DWAQ** on **Wednesday 11<sup>th</sup> March** will be move to an **8:30am** timeslot for this week only due to a carnival being held at the Centre.
- **BODYBALANCE** on **Sunday 15<sup>th</sup> March** will be replaced with a **PILATES** class due to instructor availability.

