
























DKHAC GROUP FITNESS TIMETABLE 2020

	Monday 13/01 6.00am-9.00pm	Tuesday 14/01 6.00am-9.00pm	Wednesday 15/01 6.00am-9.00pm	Thursday 16/01 6.00am-9.00pm	Friday 17/01 6.00am-7.30pm	Saturday 18/01 8.00am-6.00pm	Sunday 19/01 8.00am-6.00pm
MORNING SESSIONS	6:10am SPIN  Trish	6:10am LES MILLS BODYPUMP Lisa B	6:10am LES MILLS BODYCOMBAT Mel	6:10am SPIN  Trish	6:10am LES MILLS BODYPUMP Anna-Maria	8:10am SPIN  Trish	8:10am LES MILLS BODYCOMBAT Lisa B
	6:15am Deep Water Aqua Hannah	6:10am  Lisa T	6:15am Deep Water Aqua Lisa T		6:15am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Ella	9:10am SPIN  Lisa B
	7:10am MAT PILATES Daniela	7:10am MFT  Zane	8:15am  Senior Circuit (Strength) Anna-Maria	7:10am MAT PILATES Daniela	7:10am LES MILLS BODYBALANCE Emma-Jean	9:10am LES MILLS CXWORX Nadine	9:10am LES MILLS CXWORX Nadine
	8:15am  Senior Circuit (Cardio) Hannah	8:30am Shallow Water Aqua TABATA Lisa T		8:30am Shallow Water Aqua Lisa T	8:15am  Emma-Jean	9:30am Deep Water Aqua Anna-Maria	9:45am LES MILLS BODYCOMBAT Tanya
	9:30am Deep Water Aqua Anna-Maria	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua TABATA Cindy	9:30am LES MILLS BODYSTEP Anna-Maria	10:10am LES MILLS BODYPUMP Michelle G
	9:30am LES MILLS BODYPUMP Danielle	9:30am LES MILLS RPM Anna-Maria	9:30am LES MILLS BODYPUMP Nadine	9:30am LES MILLS GRIT STRENGTH Mel	9:30am LES MILLS BODYSTEP Anna-Maria	10:35am LES MILLS RPM Nadine	
	10:35am LES MILLS RPM Nadine	10:35am MAT PILATES Lyndie	10:35am LES MILLS BODYBALANCE Hannah	10:05am LES MILLS CXWORX Anna-Maria	10:35am LES MILLS RPM Nadine		
LUNCH SESSIONS	12:15pm LES MILLS GRIT STRENGTH Anna-Maria	12:15pm LES MILLS CXWORX Danielle	12:15pm MAT PILATES Lyndie	12:15pm SPIN  Christian	12:15pm LES MILLS BODYPUMP Nadine	11:00am MAT PILATES Daniela	11:10am  Michelle G
	12:45pm  Danielle	12:45pm MFT  Kevin		12:45pm MFT  Hannah	1:15pm LES MILLS GRIT PLYO Anna-Maria		
AFTERNOON SESSIONS	4:30pm LES MILLS BODYSTEP Lisa B	4:30pm LES MILLS BODYCOMBAT Michelle G	4:30pm LES MILLS BODYPUMP Michelle G	4:30pm LES MILLS RPM Nadine	4:30pm YOGA Kelliann	4:00pm LES MILLS BODYPUMP Lisa B	4:00pm LES MILLS BODYBALANCE Hannah
	5:30pm LES MILLS BODYPUMP Tanya	5:30pm (45mins) LES MILLS BODYATTACK Nadia	5:35pm (30mins) MFT  Scott	5:30pm LES MILLS CXWORX Larissa	5:30pm LES MILLS BODYCOMBAT Tanya	 <p>Doone Kennedy HOBART AQUATIC CENTRE</p>  SWIM  KIDS  AQUA  GYM  60PLUS	
	6:35pm Cardio  HIT Zane	6:20pm (45mins) LES MILLS RPM Larissa	6:15pm MAT PILATES Donna	6:05pm LES MILLS BODYSTEP Hannah			
	7:10pm STRETCH & FOAM ROLL Pablo	6:15pm Deep Water Aqua Ella	6:15pm  (Held outside) Scott	6:15pm Deep Water Aqua Tanya			
	7:15pm LES MILLS BODYPUMP Larissa						

INFORMATION FOR THE WEEK...

- **BODYBALANCE** on Monday 13th January will be replaced with a **STRETCH & ROLL** class due to instructor availability.
- **YOGA** on Wednesday 15th January will be replaced with a **PILATES** class due to instructor availability.