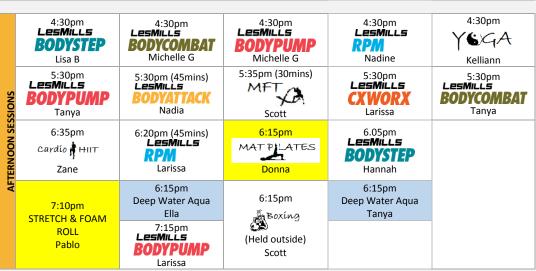
DKHAC GROUP FITNESS TIMETABLE 2020							
	Monday 13/01 6.00am-9.00pm	Tuesday 14/01 6.00am-9.00pm	Wednesday 15/01 6.00am-9.00pm	Thursday 16/01 6.00am-9.00pm	Friday 17/01 6.00am-7.30pm	Saturday 18/01 8.00am-6.00pm	Sunday 19/01 8.00am-6.00pm
MORNING SESSIONS	6:10am SPIN C3. (P) Trish	6:10am LesMills BODYPUMP Lisa B	6:10am Lesmills BODYCOMBAT Mel	6:10am SPIN でよ どがし Trish	6:10am LESMILLS BODYPUMP Anna-Maria		
	6:15am Deep Water Aqua Hannah	6:10am Boxíng Lisa T	6:15am Deep Water Aqua Lisa T		6:15am Deep Water Aqua Lisa T		
	7:10am  MAT PLATES  Daniela	7:10am MFT Zane	8:15am Seníor	7:10am MAT PILATES Daniela	7:10am Lesmills BODYBALANCE Emma-Jean		
	8:15am Senior T Circuit (Cardio) Hannah	8:30am Shallow Water Aqua TABATA Lisa T	Círcuít (Strength) Anna-Maria	8:30am Shallow Water Aqua Lisa T	8:15am ZVMBA	8:10am SPIN (3 (ダン) Trish	8:10am LesMills <b>BODYCOMBAT</b> Lisa B
	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 Lisa T	9:10am Deep Water Aqua Ella	9:10am SPIN <b>仁</b> 축
	9:30am LESMILLS BODYPUMP Danielle	9:30am <b>LesMills</b> <b>RPM</b> Anna-Maria	9:30am LESMILLS BODYPUMP Nadine	9:30am  GRIT  STRENGTH  Mel	9:30am LesMills BODYSTEP Anna-Maria	9:10am LESMILLS CXWORX Nadine	ピン Lisa B
	10:35am <b>LESMILLS</b> <b>RPM</b> Nadine	10:35am MAT PILATES Lyndie	10:35am LESMILLS BODYBALANCE Hannah	10:05am LesMills CXWORX Anna-Maria	10:35am LESMILLS RPM Nadine	9:45am LesMILLS BODYCOMBAT Tanya	10:10am LESMILLS BODYPUMP Michelle G
LUNCH SESSIONS	12:15pm  GRIT  STRENGTH  Anna-Maria	12:15pm LESMILLS CXWORX Danielle	12:15pm MAT PLATES Lyndie	12:15pm SPIN 42. Christian	12:15pm LESMILLS BODYPUMP Nadine	11:00am  MAT PLATES  Daniela	11:10am Boxing Michelle G
	12.45pm Boxing Danielle	12.45pm MFT Kevin		12.45pm MFT Hannah	1:15pm  CRIT PLYO  Anna-Maria		
	4:30pm LesMills BODYSTEP Lisa B	4:30pm LESMILLS BODYCOMBAT Michelle G	4:30pm LESMILLS BODYPUMP Michelle G	4:30pm LESMILLS RPM Nadine	4:30pm Y&A Kelliann	4:00pm LESMILLS BODYPUMP Lisa B	4:00pm LESMILLS BODYBALANCE Hannah

















## **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.