

# DKHAC GROUP FITNESS TIMETABLE 2019

	Monday 18/11 6.00am-9.00pm	Tuesday 19/11 6.00am-9.00pm	Wednesday 20/11 6.00am-9.00pm	Thursday 21/11 6.00am-9.00pm	Friday 22/11 6.00am-7.30pm	Saturday 23/11 8.00am-6.00pm	Sunday 24/11 8.00am-6.00pm
MORNING SESSIONS	6:10am <b>SPIN</b> Trish	6:10am <b>LES MILLS BODYPUMP</b> Larissa	6:10am <b>LES MILLS BODYCOMBAT</b> Lisa B	6:10am <b>SPIN</b> Michelle C	6:10am <b>LES MILLS BODYPUMP</b> Anna-Maria		
	6:15am Deep Water Aqua Francois	6:10am <b>Boxing</b> Lisa T	6:15am Deep Water Aqua Hannah		6:15am Deep Water Aqua Hannah		
	7:10am <b>MAT PILATES</b> Daniella	7:10am <b>MFT</b> Lisa T	8:15am <b>Senior Circuit</b> Francois	7:10am <b>MAT PILATES</b> Daniella	7:10am <b>LES MILLS BODYBALANCE</b> Hannah		
	8:15am <b>Senior Circuit</b> Francois	8:30am Shallow Water Aqua TABATA Ella		8:30am Shallow Water Aqua Lisa T	8:15am <b>ZUMBA GOLD</b> Nadia	8:10am <b>SPIN</b> Trish	8:10am <b>LES MILLS BODYCOMBAT</b> Lisa B
	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Francois	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Lisa	9:10am <b>SPIN</b> Lisa B
	9:30am <b>LES MILLS BODYPUMP</b> Danielle	9:30am <b>LES MILLS RPM</b> Yvette	9:30am <b>LES MILLS BODYPUMP</b> Nadine	9:30am <b>LES MILLS GRIT STRENGTH</b> Mel	9:30am <b>LES MILLS BODYSTEP</b> Anna-Maria	9:10am <b>LES MILLS CXWORX</b> Nadine	
	10:35am <b>LES MILLS RPM</b> Yvette	10:35am <b>MAT PILATES</b> Lyndie	10:35am <b>LES MILLS BODYBALANCE</b> Hannah	10:05am <b>LES MILLS CXWORX</b> Danielle	10:35am <b>LES MILLS RPM</b> Nadine	9:45am <b>LES MILLS BODYCOMBAT</b> Michelle G	10:10am <b>LES MILLS BODYPUMP</b> Nadine
LUNCH SESSIONS	12:15pm <b>LES MILLS GRIT STRENGTH</b> Anna-Maria	12:15pm <b>LES MILLS CXWORX</b> Danielle	12:15pm <b>MAT PILATES</b> Lyndie	12:15pm <b>Speed Spin</b> Christian	12:15pm <b>LES MILLS BODYPUMP</b> Nadine	11:00am <b>MAT PILATES</b> Daniella	
	12:45pm <b>MFT</b> Francois	12:45pm <b>MFT</b> Zane		12:45pm <b>MFT</b> Kevin	1:15pm <b>LES MILLS GRIT PLYO</b> Anna-Maria		
AFTERNOON/ EVENING SESSIONS	3:45pm <b>PRO-TEEN PROGRAM</b> Zane		3:45pm <b>PRO-TEEN PROGRAM</b> Zane				
	4:30pm <b>LES MILLS BODYSTEP</b> Lisa B	4:30pm <b>LES MILLS BODYCOMBAT</b> Tanya	4:30pm <b>LES MILLS BODYPUMP</b> Michelle G	4:30pm <b>SPIN</b> Michelle G	4:30pm <b>STRETCH &amp; BALANCE</b> Hannah	4:00pm <b>LES MILLS BODYPUMP</b> Michelle G	4:00pm <b>LES MILLS BODYBALANCE</b> Hannah
	5:30pm <b>LES MILLS BODYPUMP</b> Tanya	5:30pm (45mins) <b>LES MILLS BODYATTACK</b> Lisa B	5:35pm (30mins) <b>MFT</b> Zane	5:30pm <b>LES MILLS CXWORX</b> Larissa	5:30pm <b>LES MILLS BODYCOMBAT</b> Mel		
	6:35pm <b>Cardio HIIT</b> Zane	6:20pm (45mins) <b>LES MILLS RPM</b> Emma-Jean	6:10pm <b>STRETCH &amp; BALANCE</b> Hannah	6:05pm <b>FREESTYLE STEP</b> Tanya			
	7:10pm <b>LES MILLS BODYBALANCE</b> Emma-Jean	6:15pm Deep Water Aqua Tanya		6:15pm Deep Water Aqua Lisa T			
	7:10pm <b>LES MILLS BODYPUMP</b> Hannah	7:15pm <b>Boxing</b> Scott					



Doone Kennedy  
**HOBART AQUATIC CENTRE**



## INFORMATION FOR THE WEEK...

- **YOGA** on Wednesday 20<sup>th</sup> at 6.10pm and Friday 22<sup>nd</sup> November at 4.30pm will be replaced with **STRETCH & BALANCE** due to instructor availability.
- **GRIT CARDIO** on Thursday 21<sup>st</sup> November will be replaced with **SPEED SPIN**.
- **BODYSTEP** on Thursday 21<sup>st</sup> November will be replaced with **FREESTYLE STEP** due to instructor availability.
- The above classes in **GREEN** have been flagged with low participation levels and the timetable has been under review. Some class times and formats will be changed next week.