

DKHAC GROUP FITNESS TIMETABLE 2020

	Monday 20/01 6.00am-9.00pm	Tuesday 21/01 6.00am-9.00pm	Wednesday 22/01 6.00am-9.00pm	Thursday 23/01 6.00am-9.00pm	Friday 24/01 6.00am-7.30pm	Saturday 25/01 8.00am-6.00pm	Sunday 26/01 8.00am-6.00pm
MORNING SESSIONS	6:10am SPIN Trish	6:10am LES MILLS BODYPUMP Anna-Maria	6:10am LES MILLS BODYCOMBAT Michelle C	6:10am SPIN Michelle C	6:10am LES MILLS BODYPUMP Lisa B		
	6:15am Deep Water Aqua Hannah	6:10am Boxing Lisa T	6:15am Shallow Water Aqua Hannah		6:15am Shallow Water Aqua Lisa T		
	7:10am MAT PILATES Daniela	7:10am MFT Lisa T	8:15am Senior Circuit Hannah	7:10am MAT PILATES Daniela	7:10am LES MILLS BODYBALANCE Emma-Jean		
	8:15am Senior Circuit Anna-Maria	8:30am Shallow Water Aqua TABATA Lisa T		8:30am Shallow Water Aqua Lisa T	8:15am ZUMBA GOLD Emma-Jean	8:10am LES MILLS RPM Nadine	8:10am LES MILLS BODYCOMBAT Lisa B
	9:30am Deep Water Aqua Danielle	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Anna-Maria	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Ella	9:10am LES MILLS RPM Emma-Jean
	9:30am LES MILLS BODYPUMP Hannah	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 Hannah	9:10am LES MILLS CXWORX Nadine	
	10:35am SPIN Christian	10:35am MAT PILATES Lyndie	10:35am LES MILLS BODYBALANCE Hannah	10:05am LES MILLS CXWORX Anna-Maria	10:35am LES MILLS RPM Nadine	9:45am LES MILLS BODYCOMBAT Mel	10:10am LES MILLS BODYPUMP Lisa B
LUNCH SESSIONS	12:15pm LES MILLS GRIT STRENGTH Anna-Maria	12:15pm LES MILLS CXWORX Nadia	12:15pm MAT PILATES Lyndie	12:15pm SPIN Christian	12:15pm LES MILLS BODYPUMP Nadine	11:00am MAT PILATES Daniela	11:10am Boxing Danielle
	12:45pm Boxing Hannah	12:45pm MFT Anna-Maria		12:45pm MFT Hannah	1:15pm METAFIT Christian		
AFTERNOON SESSIONS	4:30pm LES MILLS BODYSTEP Lisa B	4:30pm LES MILLS BODYCOMBAT Tanya	4:30pm LES MILLS BODYPUMP Michelle G	4:30pm LES MILLS RPM Larissa	4:30pm YOGA Kelliann	4:00pm LES MILLS BODYPUMP Larissa	4:00pm LES MILLS BODYBALANCE Hannah
	5:30pm LES MILLS BODYPUMP Tanya	5:30pm (45mins) LES MILLS BODYATTACK Nadia	5:35pm (30mins) MFT Ella	5:30pm LES MILLS CXWORX Larissa	5:30pm LES MILLS BODYCOMBAT Mel		
	6:35pm Cardio HIT Kevin	6:20pm (45mins) LES MILLS RPM Kelliann	6:15pm YOGA Kelliann	6:05pm LES MILLS BODYSTEP Lisa B			
	7:10pm STRETCH & FOAM ROLL Pablo	6:15pm Deep Water Aqua Tanya 7:15pm LES MILLS BODYPUMP Tanya	6:15pm Boxing (Held outside) Lisa T	6:15pm Deep Water Aqua Ella			



Doone Kennedy
HOBART AQUATIC CENTRE







SWIM KIDS AQUA GYM 60PLUS

INFORMATION FOR THE WEEK...

- **RPM** on **Monday 20th January** will be replaced with a **SPIN** class due to instructor availability.
- **BODYBALANCE** on **Monday 20th January** will be replaced with a **STRETCH & FOAM ROLL** class due to instructor availability.
- **DWAQ** on **Wednesday 22nd and Friday 24th** will be replaced with a **SHWAQ** class due to a swim clinic being run.
- **GRIT PLYO** on **Friday 24th January** will be replaced with a **METAFIT** class due to instructor availability.
- **SPIN** on **Saturday 25th January** will be replaced with a **RPM** class due to instructor availability.