


DKHAC GROUP FITNESS TIMETABLE 2020

	Monday 27/01 8.00am-6.00pm	Tuesday 28/01 6.00am-9.00pm	Wednesday 29/01 6.00am-9.00pm	Thursday 30/01 6.00am-9.00pm	Friday 31/01 6.00am-7.30pm	Saturday 01/02 8.00am-6.00pm	Sunday 02/02 8.00am-6.00pm
MORNING SESSIONS		6:10am LES MILLS BODYPUMP Tanya	6:10am LES MILLS BODYCOMBAT Trish	6:10am SPIN Michelle C	6:10am LES MILLS BODYPUMP Anna-Maria		
		6:10am Boxing Lisa T	6:15am Deep Water Aqua Hannah		6:15am Deep Water Aqua Lisa T	8:10am SPIN Trish	8:10am LES MILLS BODYCOMBAT Michelle G
		7:10am MFT Lisa T	8:15am Senior Circuit Lisa T	7:10am MAT PILATES Daniela	7:10am LES MILLS BODYBALANCE Emma-Jean		
	8:15am Senior Circuit Tanya	8:30am Shallow Water Aqua TABATA Ella		8:30am Shallow Water Aqua Lisa T	8:15am ZUMBA GOLD Emma-Jean		
	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua TABATA Lisa T	9:30am Deep Water Aqua Lisa T	9:30am Deep Water Aqua TABATA Lisa T	9:30am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Francois	9:10am LES MILLS RPM Emma-Jean
	9:30am LES MILLS BODYPUMP Tanya	9:30am SPIN Christian	9:30am LES MILLS BODYPUMP Nadine	9:30am LES MILLS GRIT STRENGTH Mel	9:30am LES MILLS BODYSTEP Anna-Maria	9:10am LES MILLS CXWORX Nadine	
10:35am SPIN Lisa B	10:35am MAT PILATES Lyndie	10:35am LES MILLS BODYBALANCE Hannah	10:05am LES MILLS CXWORX Danielle	10:35am LES MILLS RPM Nadine	9:45am LES MILLS BODYCOMBAT Michelle G	10:10am LES MILLS BODYPUMP Nadine	
LUNCH SESSIONS	12:15pm HIIT Hannah	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 Boxing Francois
	12:45pm Boxing Hannah	12:45pm MFT Ella		12:45pm MFT Lisa T	1:15pm LES MILLS GRIT PLYO Anna-Maria		
AFTERNOON SESSIONS	4:30pm LES MILLS BODYSTEP Lisa B	4:30pm LES MILLS BODYCOMBAT Lisa B	4:30pm LES MILLS BODYPUMP Michelle G	4:30pm LES MILLS RPM Larissa	4:30pm YOGA Kelliann	4:00pm LES MILLS BODYPUMP Michelle G	4:00pm LES MILLS BODYBALANCE Hannah
		5:30pm (45mins) LES MILLS BODYATTACK Lisa B	5:35pm (30mins) MFT Ella	5:30pm LES MILLS CXWORX Larissa	5:30pm LES MILLS BODYCOMBAT Tanya	 <p>Doone Kennedy HOBART AQUATIC CENTRE</p>	
		6:20pm (45mins) LES MILLS RPM Kelliann	6:15pm YOGA Kelliann	6:05pm LES MILLS BODYSTEP Hannah			
		6:15pm Deep Water Aqua Hannah	6:15pm Boxing (Held outside) Michelle G	6:15pm Deep Water Aqua Tanya			
	7:15pm LES MILLS BODYPUMP Hannah						



INFORMATION FOR THE WEEK...

- Please note **Monday 27th January** is a **public holiday** and the Centre will be open between **8:00am – 6:00pm**.
- **RPM on Monday 27th January** will be replaced with a **SPIN** class due to instructor availability.
- **GRIT STRENGTH on Monday 27th January** will be replaced with a **HIIT** class due to instructor availability.
- **RPM on Tuesday 28th January** will be replaced with a **SPIN** class due to instructor availability.