

DKHAC GROUP FITNESS TIMETABLE 2019

	Monday 6.00am-9.00pm	Tuesday 6.00am-9.00pm	Wednesday 6.00am-9.00pm	Thursday 6.00am-9.00pm	Friday 6.00am-7.30pm	Saturday 8.00am-6.00pm	Sunday 8.00am-6.00pm
MORNING SESSIONS	6:10am SPIN Trish	6:10am LES MILLS BODYPUMP Larissa	6:10am LES MILLS BODYCOMBAT Michelle C	6:10am SPIN Trish	6:10am LES MILLS BODYPUMP Lisa B	8:10am SPIN Michelle C	8:10am LES MILLS BODYCOMBAT Tanya & Mel
	6:15am Deep Water Aqua Lisa T	6:10am Boxing Lisa B	6:15am Deep Water Aqua Francois	7:10am MAT PILATES Daniela	6:15am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Lisa T	9:10am SPIN Lisa B
	7:10am MAT PILATES Daniella	7:10am MFT Kevin	8:15am Senior Circuit Francois	7:10am MAT PILATES Daniela	7:10am LES MILLS BODYBALANCE Hannah	9:10am LES MILLS CXWORX Nadine	9:10am LES MILLS CXWORX Nadine
	8:15am Senior Circuit Danielle	8:30am Shallow Water Aqua TABATA Lisa T		8:30am Shallow Water Aqua Lisa T	8:15am ZUMBA GOLD Emma-Jean	9:45am LES MILLS BODYCOMBAT Tanya & Michelle G	10:10am LES MILLS BODYPUMP Nadine
	9:30am Deep Water Aqua Lisa T	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Instructor TBC	9:30am Deep Water Aqua Cindy	9:30am Deep Water Aqua Lisa T		
	9:30am LES MILLS BODYPUMP Tanya	9:30am LES MILLS RPM Yvette & Anna-Maria	9:30am LES MILLS BODYPUMP Anna-Maria, Nadine, Hannah & Danielle	9:30am LES MILLS GRIT STRENGTH Anna-Maria & Mel	9:30am LES MILLS BODYSTEP Anna-Maria & Hannah		
	10:35am LES MILLS RPM Yvette	10:35am MAT PILATES Lyndie	10:35am LES MILLS BODYBALANCE Hannah	10:05am LES MILLS CXWORX Danielle & Yvette	10:35am LES MILLS RPM Nadine		
LUNCH SESSIONS	12:15pm LES MILLS GRIT STRENGTH Dave	12:15pm LES MILLS CXWORX Danielle	12:15pm MAT PILATES Lyndie	12:15pm LES MILLS GRIT CARDIO Mel	12:15pm LES MILLS BODYPUMP Nadine	11:00am MAT PILATES Daniela	
	12:45pm MFT Francois	12:45pm MFT Zane		12:45pm MFT Ella	1:15pm (athletic) LES MILLS GRIT PLYO Anna-Maria & Nadine	12:00pm MFT Ella	
AFTERNOON/ EVENING SESSIONS	4:30pm LES MILLS BODYSTEP Hannah & Lisa B	4:30pm LES MILLS BODYCOMBAT Michelle G	4:30pm LES MILLS BODYPUMP Tanya, Larissa, Michelle G & Lisa B	4:30pm LES MILLS RPM Nadine	4:30pm YOGA Kelliann	4:00pm LES MILLS BODYPUMP Larissa	4:00pm LES MILLS BODYBALANCE Hannah, Emma-Jean & Anna-Maria
	5:30pm LES MILLS BODYPUMP Michelle G	5:30pm (45mins) LES MILLS BODYATTACK Nadia, Lisa B & Anna-Maria	5:35pm (30mins) MFT Zane	5:30pm LES MILLS CXWORX Lisa B & Nadine	5:30pm LES MILLS BODYCOMBAT Mel		
	6:35pm Cardio HIIT Zane	6:20pm (45mins) LES MILLS RPM Emma-Jean, Larissa & Kelliann	6:10pm MAT PILATES Daniela	6:05pm LES MILLS BODYSTEP Lisa B			
	7:10pm LES MILLS BODYBALANCE Emma-Jean	6:15pm Deep Water Aqua Hannah	6:15pm Shallow Water Aqua Tanya	6:15pm Deep Water Aqua Tanya			
	7:10pm LES MILLS BODYPUMP Hannah	7:15pm Boxing Scott	7:10pm MFT Kevin				



INFORMATION FOR THE WEEK...

- NEW timetable design, ALL classes & timeslots are still the same, only the "LOOK" has changed.
- LES MILLS LAUNCHES, PINK boxes indicate this timeslot is a launch, we have NEW music and NEW moves for you. Join us in celebrating the launches by wearing your brightest colours! FLUORO WEEK!