

DKHAC GROUP FITNESS TIMETABLE 2019

	Monday 01/11 6.00am-9.00pm	Tuesday 12/11 6.00am-9.00pm	Wednesday 13/11 6.00am-9.00pm	Thursday 14/11 6.00am-9.00pm	Friday 15/11 6.00am-7.30pm	Saturday 16/11 8.00am-6.00pm	Sunday 17/11 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 Francois	6:10am Boxing Lisa B	6:15am Deep Water Aqua Hannah		6:15am Deep Water Aqua Ella		
	7:10am STRETCH & FOAM ROLL Francois	7:10am MFT Lisa T	8:15am Senior Circuit Francois	7:10am STRETCH & FOAM ROLL Lisa T	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 Emma-Jean	8:10am SPIN Trish	8:10am LES MILLS BODYCOMBAT Lisa B
	9:30am Deep Water Aqua Hannah	9:30am Deep Water Aqua TABATA Cindy	9:30am Deep Water Aqua Anna-Maria	9:30am Deep Water Aqua TABATA Cancelled	9:30am Deep Water Aqua Lisa T	9:10am Deep Water Aqua Hannah	9:10am SPIN Lisa B
	9:30am LES MILLS BODYPUMP Danielle	9:30am LES MILLS RPM Yvette	9:30am LES MILLS BODYPUMP Nadine	9:30am LES MILLS GRIT STRENGTH Anna-Maria	9:30am LES MILLS BODYSTEP Hannah	9:10am LES MILLS CXWORX Nadine	
	10:35am LES MILLS RPM Yvette	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 Nadine
LUNCH SESSIONS	12:15pm LES MILLS GRIT STRENGTH Anna-Maria	12:15pm LES MILLS CXWORX Danielle	12:15pm MAT PILATES Lyndie	12:15pm Speed Spin Christian	12:15pm LES MILLS BODYPUMP Michelle G	11:00am MAT PILATES Lyndie	
	12:45pm MFT Francois	12:45pm MFT Zane		12:45pm MFT Scott	1:15pm LES MILLS GRIT PLYO Anna-Maria	12:00pm MFT Cancelled	
AFTERNOON/ EVENING SESSIONS	3.45pm PRO-TEEN PROGRAM Zane		3.45pm PRO-TEEN PROGRAM Zane				
	4:30pm LES MILLS BODYSTEP Trish	4:30pm LES MILLS BODYCOMBAT Tanya	4:30pm LES MILLS BODYPUMP Michelle G	4:30pm LES MILLS RPM Kelliann	4:30pm STRETCH & FOAM ROLL Scott	4:00pm LES MILLS BODYPUMP Tanya	4:00pm LES MILLS BODYBALANCE Hannah
	5:30pm LES MILLS BODYPUMP Larissa	5:30pm (45mins) LES MILLS BODYATTACK Nadia and Avril	5:35pm (30mins) MFT Zane	5:30pm LES MILLS CXWORX Larissa	5:30pm LES MILLS BODYCOMBAT Michelle G		
	6:35pm Cardio HIIT Zane	6:20pm (45mins) LES MILLS RPM Nick	6:10pm YOGA Kelliann	6:05pm LES MILLS BODYSTEP Lisa B			
	7:10pm LES MILLS BODYBALANCE Emma-Jean	6:15pm Deep Water Aqua Tanya	6:15pm Shallow Water Aqua Tanya	6:15pm Deep Water Aqua Ella	7:10pm MFT Kevin		
	7:10pm LES MILLS BODYPUMP Hannah	7:15pm Boxing Scott					



Doone Kennedy
HOBART AQUATIC CENTRE



INFORMATION FOR THE WEEK...

- PILATES on Monday 11th November and Thursday 14th November will be replaced with **STRETCH & FOAM ROLL** due to instructor availability.
- **GRIT CARDIO** on Thursday 14th November will be replaced with **SPEED SPIN** for this week.
- **DWAQ** on Thursday 14th November will be cancelled this week due to a swimming carnival requiring the pool space.
- **YOGA** on Friday 15th November will be replaced with **STRETCH & FOAM ROLL** due to instructor availability.
- **MFT** on Saturday 16th November will unfortunately be cancelled due to instructor availability.
- The above classes in **GREEN** have been flagged with low participation levels and are currently under review. These classes will continue to be under review for 1 more week before class changes occur.