



Group Fitness Timetable

SPRING 2024

Pricing

Casual	\$19.80
Casual Concession	\$15.60
Virtual Class	\$9.00
Reformer Pilates Casual	\$19.80
Reformer Pilates Member	\$15.60



Nillumbik
Leisure



Eltham Leisure Centre

Group Fitness Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	metafit HIT TRAINING	LES MILLS BODYPUMP		
7.05am	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH
8.10am	LES MILLS CORE		ZUMBA gold		ZUMBA gold	BOXING	ZUMBA fitness
9.10am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	tone	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYPUMP
10.15am	ACTIVE MOVERS	BURN	ACTIVE MOVERS	LES MILLS BODYPUMP	PILATES	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT
11.20am	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYATTACK	YOGA WITH BUB	LES MILLS BODYPUMP	LES MILLS BODYATTACK
12.25pm	LES MILLS BODYPUMP	LES MILLS DANCE	LES MILLS BODYATTACK	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
1.30pm	ACTIVE MOVERS	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS CORE	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT
3.00pm	LES MILLS BODYATTACK	LES MILLS CORE	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS CORE	LES MILLS BODYPUMP
4.15pm	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYATTACK
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS CORE	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT
6.20pm	ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS GRIT STRENGTH	LES MILLS DANCE
7.25pm	LES MILLS BODYSTEP	ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP
8.30pm	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS DANCE	LES MILLS CORE	LES MILLS BODYBALANCE		
9.20pm	LES MILLS BODYBALANCE	LES MILLS CORE	LES MILLS BODYATTACK	LES MILLS BODYPUMP			

Reformer Pilates • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am					REFORMER pilates		
8.15am						REFORMER pilates	
8.30am	REFORMER BASICS						
9.15am	REFORMER pilates		REFORMER pilates	REFORMER athletic	REFORMER pilates	REFORMER pilates	REFORMER pilates
10.15am	REFORMER pilates	REFORMER pilates	REFORMER Advanced	REFORMER pilates			REFORMER pilates
11.15am		REFORMER pilates		REFORMER pilates	REFORMER Advanced		
12.30pm			REFORMER pilates				
4.30pm	REFORMER pilates			REFORMER pilates			
5.30pm		REFORMER pilates	REFORMER pilates	REFORMER pilates			
5.45pm	REFORMER BASICS						
6.30pm	REFORMER pilates	REFORMER athletic	REFORMER pilates	REFORMER pilates			

Eltham Leisure Centre

Wellness Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA		PILATES			
7.45am				YOGA			
8.10am						PILATES	
9.10am	PILATES	ACTIVE LIGHT	YOGA	LES MILLS BODYBALANCE	YOGA	BARRE	LES MILLS BODYBALANCE
10.15am	YOGA	HATHA YOGA	PILATES	ACTIVE LIGHT	LES MILLS CORE	YANG-YIN YOGA	
11.20am	LES MILLS BODYBALANCE	TAI CHI	BARRE	YOGA		LES MILLS BODYBALANCE	
12.25pm		LES MILLS BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.20pm	YOGA	LES MILLS BODYBALANCE	YOGA	BARRE			
6.40pm					MEDITATION		
7.15pm				PILATES			
7.25pm	BARRE	YOGA	PILATES				
8.20pm	LES MILLS BODYBALANCE		YOGA YIN	LES MILLS BODYBALANCE			

Cycle Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LES MILLS RPM	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM		
7.00am	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint
8.10am						LES MILLS RPM	
9.10am	LES MILLS RPM	CYCLE	CYCLE	LES MILLS RPM	LES MILLS RPM	POWER CYCLE	LES MILLS RPM
10.15am	LES MILLS THE TRIP	LES MILLS sprint	LES MILLS sprint	LES MILLS RPM		LES MILLS THE TRIP	LES MILLS sprint
12.30pm	LES MILLS RPM		LES MILLS RPM	LES MILLS THE TRIP	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM
2.00pm	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint
4.00pm	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM
5.30pm	LES MILLS sprint	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint
6.30pm	LES MILLS RPM	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM
7.30pm	LES MILLS THE TRIP	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM		

* Participants can not enter classes after the scheduled start time Indicates a virtual class Indicates 30min class Indicates 45min class

Eltham Leisure Centre

Functional Area • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		RELENTLESS ①	RELENTLESS ①		RELENTLESS ①		
8.30am						RELENTLESS ①	
9.30am	RELENTLESS ①		RELENTLESS ①		RELENTLESS ①	RELENTLESS ①	
1.30pm		ACTIVE RELENTLESS ①					
4.00pm		HIGH SCHOOL RELENTLESS ①		HIGH SCHOOL RELENTLESS ①			
6.00pm			RELENTLESS ①	RELENTLESS ①			

Aqua Programs • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am		AQUA	AQUA		AQUA	AQUA CORE	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.15am	AQUA		ACTIVE AQUA	DEEP WATER AQUA (25M)			
1.00pm	ACTIVE AQUA	ACTIVE AQUA		ACTIVE AQUA			
2.00pm	ACTIVE AQUA						
6.15pm	AQUA		AQUA				
7.15pm	AQUA			AQUA CORE			
8.00pm		SWIM SQUAD	SWIM SQUAD				

Diamond Valley Sports & Fitness Centre

Functional Area • Diamond Valley Sports & Fitness Centre

IN GYM FUNCTIONAL AREA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	RELENTLESS ①		RELENTLESS ①		RELENTLESS ①		
8.00am						RELENTLESS ①	
8.30am		RELENTLESS ①		RELENTLESS ①	RELENTLESS ①		
9.00am	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	
4.15pm	RELENTLESS ①	TEEN RELENTLESS ①		TEEN RELENTLESS ①	RELENTLESS ①		
5.30pm		RELENTLESS ①		RELENTLESS ①			
6.30pm			RELENTLESS ①				

* Participants can not enter classes after the scheduled start time ① Indicates a virtual class ① Indicates 30min class ② Indicates 45min class

Diamond Valley Sports & Fitness Centre

Group Fitness Studio 1 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am			YOGA				
9.30am		YOGA 9.20am	METAFIT ①	BOXING	BOXING		LES MILLS BODYPUMP
10.30am	PILATES	ACTIVE MOVERS ④	YOGA	PILATES ④	ACTIVE MOVERS ④	ZUMBA FINESS	
12.25pm			PILATES ④				
5.30pm			THT ④	LES MILLS BODYPUMP			
6.05pm	ZUMBA FINESS	PILATES					
6.45pm			ZUMBA FINESS	LES MILLS BODYBALANCE			
7.10pm	YOGA						

Group Fitness Studio 2 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS CORE ④	LES MILLS RPM	LES MILLS BODYPUMP		
8.05am						LES MILLS BODYPUMP	LES MILLS BODYBALANCE
9.30am	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS sprint ①	LES MILLS BODYBALANCE	LES MILLS RPM	
10.30am	KETTLEBELL ④	LIT ④		KETTLEBELL ①	LES MILLS BODYPUMP ④	LES MILLS CORE ①	
11.30pm		LES MILLS CORE ①			LES MILLS CORE ①		
12.25pm	LES MILLS BODYPUMP ④	LES MILLS BODYBALANCE	LES MILLS BODYPUMP ④				LES MILLS CORE ④
5.30pm		LES MILLS sprint ①			LES MILLS DANCE ④		
7.10pm	LES MILLS BODYCOMBAT		LES MILLS CORE ①				

* Participants can not enter classes after the scheduled start time

④ Indicates a virtual class ① Indicates 30min class ④ Indicates 45min class

Diamond Creek Community Centre & Community Bank Stadium

Group Fitness Studio • Diamond Creek Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	CYCLE 45	LES MILLS BODYCOMBAT 45	LIT 45	LES MILLS BODYBALANCE 45	CYCLE 45		
8.30am	CYCLE 45		LES MILLS Sprint 45		CYCLE 45	BURN 45	
9.00am	CORE EXPRESS						LES MILLS THE TRIP 45
9.20am	tone 45	STEP45 45	LES MILLS BODYPUMP 45	ZUMBA gold 45	LES MILLS BODYPUMP 45	CYCLE 45	
10.25am	YOGA	BARRE	PILATES	YOGA	LES MILLS BODYBALANCE 45	PILATES	LES MILLS BODYBALANCE 45
11.30am						LES MILLS DANCE 45	LES MILLS BODYPUMP 45
12.30pm		LES MILLS GRIT STRENGTH 45	LES MILLS Sprint 45	LES MILLS GRIT CARDIO 45		LES MILLS BODYPUMP 45	
4.00pm	TEEN RELENTLESS			TEEN RELENTLESS			LES MILLS RPM 45
4.15pm		LES MILLS BODYPUMP 45	LES MILLS BODYCOMBAT 45		LES MILLS BODYPUMP 45		
5.30pm	LES MILLS CORE AB BLAST [5.45PM] 45	LES MILLS GRIT CARDIO 45	CYCLE 45	LES MILLS GRIT STRENGTH 45	LES MILLS BODYBALANCE 45		
6.05pm	BOXING	CYCLE 45	BOXING				
6.30pm				ZUMBA FINE 45			
7.00pm	LES MILLS BODYPUMP 45	KETTLEBELL 45	LES MILLS BODYBALANCE 45				
8.00pm	LES MILLS BODYBALANCE 45	YOGA MEDITATION	LES MILLS THE TRIP 45	YOGA			

Stadium • Diamond Creek Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am		RELENTLESS PLUS		RELENTLESS PLUS			
9.00am		CORE EXPRESS	CORE EXPRESS	CORE EXPRESS	CORE EXPRESS		RELENTLESS PLUS
9.20am		RELENTLESS PLUS	LIT 45	BURN 45	tone 45		
10.25am					RELENTLESS PLUS		

Group Fitness Studio • Community Bank Stadium

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15am			ACTIVE MOVERS	ACTIVE MOVERS			
9.30am		QI FLOW					
1.00pm		ACTIVE MOVERS STRENGTH					

* Participants can not enter classes after the scheduled start time 45 Indicates a virtual class 30 Indicates 30min class 45 Indicates 45min class

AQUA

Use water resistance to challenge your entire body

ACTIVE AQUA

Slow tempo water resistance workout

AQUA CORE

Challenging Pilates based Aqua class without use of flotation equipment

SWIM SQUAD

Learn and improve swim technique, and stay fit and healthy in the pool

DEEP WATER AQUA

High intensity deep water workout

ACTIVE MOVERS

Low impact cardio class

ACTIVE MOVERS STRENGTH

Circuit class to increase strength using weight

BARRE

Ballet, Pilates and Yoga fusion

BURN

Body weight and strength HIIT training

LES MILLS BODYATTACK

Sports-inspired cardio workout

LES MILLS BODYBALANCE

Yoga based wellness class

LES MILLS BODYCOMBAT

High-energy martial arts workout

LES MILLS BODYPUMP

Weight-based strength workout

LES MILLS BODYSTEP

Energising step workout

BOXING

Strength and Stamina

CORE

Dynamic Core Conditioning

CORE EXPRESS

Dynamic Core Training

CYCLE

Freestyle cycling workout

LES MILLS GRIT | CARDIO

HIIT training to improve cardio fitness

LES MILLS GRIT | STRENGTH

HIIT training to improve strength

KETTLEBELL

Functional compound class with kettlebell

LIT45

Low impact interval training

MEDITATION

Meditation/Mindfulness class focusing on breath awareness, intention, focus and stillness of thought. BYO Cushion/Blanket

metafit[™] HIIT TRAINING

Bodyweight HIIT training

PILATES

Core and conditioning class

POWER CYCLE

Structured, technique focus class

LES MILLS RPM

Cycling workout

REFORMER Advanced

Must have completed a minimum of 5 Reformer classes and have a solid understanding of how Reformer works

REFORMER athletic

Challenging Reformer Pilates using KX principles. Must be beyond beginner level

REFORMER BASICS

A walkthrough demonstrating the key elements of the Reformer preparing you for your first class.

REFORMER pilates

Strength, postural, flexibility, balance and endurance training, this class is not suitable for first timers

RELENTLESS

A mixture of functional movements using HIIT training methodology

RELENTLESS PLUS

A mixture of functional movements using HIIT training methodology

LES MILLS DANCE

Dance-fitness party

LES MILLS sprint

30min Cycling High Intensity Interval Training (HIIT) workout

STEP45

Cardio workout, using a height-adjustable step

TAI CHI

Gentle physical exercise and stretching

THT

Energising lower body workout focusing on tummy, hips & thighs. Tone & strengthen. 45mins

LES MILLS THE TRIP

A fully immersive workout which combines cycling with a journey through digitally created worlds

tone

Cardio, core and resistance class

YIN YOGA

Long, deep holding of passive poses

YOGA HATHA

The practice of yoga postures

YOGA MEDITATION

Relaxing Yoga with a meditative nature. BYO Cushion/Blanket

YOGA

Emphasis on precision and alignment

YOGA WITH BUB

Low intensity Yoga for pre & postnatal parents

ZUMBA FINEST

Dance-fitness party

ZUMBA gold

Dance-fitness party

QI FLOW

Using Qi Gong and Tai Chi concepts, this blended class focuses on Energy Flow

KEY



DURATION



INTENSITY



CARDIO



STRENGTH



WELLBEING

Eltham Leisure Centre

40 Brougham Street, Eltham 3095

9439 2266 | eltham@alignedleisure.com.au | elthamleisurecentre.com.au

Opening hours

Monday to Friday 5.30am – 10pm

Saturday and Sunday 7am – 8pm

Public Holidays 8am – 8pm

Diamond Creek Community Centre

28 Main Hurstbridge Road, Diamond Creek 3089

9438 5299 | dccc@alignedleisure.com.au | diamondcreekcc.com.au

Opening hours

Monday to Thursday 6am – 9.30pm

Friday 6am – 7pm

Saturday 8am – 6pm

Sunday 9am – 5pm

Public Holiday 8am – 6pm

Diamond Valley Sports & Fitness Centre

44 Civic Drive, Greensborough 3088

9435 8444 | dvsfc@alignedleisure.com.au | diamondvalleysfc.com.au

Opening hours

Monday to Friday 6am – 9.30pm

Saturday and Sunday 8am – 6pm

Public Holidays 8am – 6pm

Community Bank Stadium

129-163 Main Hurstbridge Road, Diamond Creek 3089

9438 8900 | cbs@alignedleisure.com.au | communitybankstadium.com.au

Opening hours

Monday to Thursday 9am – 9pm

Friday 6am – 7pm

Saturday 8am – 6pm

Sunday 8am – 9pm

Public Holiday Closed



**Nillumbik
Leisure**