

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









Group Fitness Studio • Eltham Leisure Centre

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE	GRIT STRENGTH	BODYPUMP @	metafit o	O BODYPUMP		
7.05am	O BODYBALANCE	O BODYPUMP	⊙CÖRE⊘	BODYPUMP	O BODYCOMBAT	Lesmills BODYPUMP	O GRIT STRENGTH
8.10am	O COREO		3 ZVMBA gold		3 ZVMBA gold	BOXING	3 ZVMBA FINESS
9.10am	Lesmills BODYPUMP	BODYCOMBAT	BODYPUMP	tone	LESMILLS BODYATTACK	LESMILLS BODYATTACK	BODYPUMP
10.15am	ACTIVE MOVERS	BURN 🗿	ACTIVE MOVERS	LesMILLS BODYPUMP	PILATES	LESMILLS BODYSTEP	Lesmills BODYCOMBAT
11.20am	O BODYCOMBAT	Lesmills BODYPUMP	BODYPUMP	O BODYATTACK	YOGA WITH BUB ①	O BODYPUMP	OBODYATTACK
12.25pm	O BODYPUMP	DANCE 0	⊙ BODYATTACK	O GRIT STRENGTH	Lesmills BODYPUMP	D BODYCOMBAT	D Lesmills BODYBALANCE
1.30pm	ACTIVE MOVERS	O BODYATTACK	BODYPUMP	O BODYBALANCE	⊙CÖRE	O BODYATTACK	O BODYCOMBAT
3.00pm	⊙ BODYATTACK	⊙CORE⊙	O BODYBALANCE	BODYPUMP	⊙ BODYATTACK	⊙CORE⊙	D BODYPUMP
4.15pm	O BODYCOMBAT	O BODYBALANCE	D BODYPUMP	O DANCE O	D BODYPUMP	Lesmills BODYPUMP	O BODYATTACK
5.30pm	BODYPUMP (BODYSTEP @	COREO	BODYCOMBAT @	⊙CORE⊙	● BODYBALANCE	D BODYCOMBAT
6.20pm	S ZVMBA FINESS	Lesmills BODYPUMP	LESMILLS BODYSTEP	LesMILLS BODYPUMP	⊙ BODYATTACK	O GRIT STRENGTH	O DANCE O
7.25pm	BODYSTEP	S ZVMBA Finess	LESMILLS BODYPUMP	LESMILLS BODYSTEP	O BODYPUMP	⊙CÖRE⊙	O BODYPUMP
8.30pm	O BODYPUMP	O BODYATTACK O	DANCE 0	⊙CÖRE⊘	● BODYBALANCE		
9.20pm	O BODYBALANCE	⊙ CÖRE ①	O BODYATTACK O	O BODYPUMP			

Reformer Pilates • Eltham Leisure Centre

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

Wellness Studio • Eltham Leisure Centre

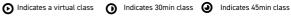
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA		PILATES			
7:45am				YOGA			
8.10am						PILATES	
9.10am	PILATES	ACTIVE LIGHT	YOGA	Lesmills BODYBALANCE	YOGA	BARRE	Lesmills BODYBALANCE
10.15am	YOGA	HATHA YOGA	PILATES	ACTIVE LIGHT	CORE@	YANG-YIN YOGA	
11.20am	Lesmills BODYBALANCE	TAI CHI	BARRE	YOGA		LESMILLS BODYBALANCE	
12.25pm		Lesmills BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.20pm	YOGA	Lesmills BODYBALANCE	YOGA	BARRE 🗿			
6.40pm					MEDITATION		
7.15pm				PILATES			
7.25pm	BARRE	YOGA	PILATES				
8.20pm	LESMILLS BODYBALANCE		YOGA YIN	LESMILLS BODYBALANCE			

Cycle Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	○ RPM	LesMILLS RPM	⊙ sprint ⊙	O RPM	LesMILLS RPM		
7.00am	⊙ sprint	O RPM	Sprint 0	O RPM	() Sprint	O RPM	Sprint Sprint
8.10am						LesMills RPM	
9.10am	LesMills RPM	CYCLE	CYCLE ①	LesMILLS RPM	LesMILLS RPM	POWER CYCLE	LesMILLS RPM
10.15am	OTHE TRIP	() Sprint	⊙ sprint ⊙	○ RPM		OTHE TRIP	○ sprint
12.30pm	O RPM		O RPM	OTHE TRIP	O RPM	○ Sprint	O RPM
2.00pm	Sprint	O RPM	⊙ sprint	○ RPM	() Sprint	○ RPM	Sprint Sprint
4.00pm	O RPM	() Sprint	O RPM	() Sprint	O RPM	○ Sprint	O RPM
5.30pm	Sprint O	Sprint O	LesMills RPM	O RPM	() Sprint	O RPM	Sprint
6.30pm	LesMills RPM	O RPM	⊙ sprint	LesMILLS RPM	O RPM	○ Sprint	O RPM
7.30pm	OTHE TRIP	⊙ sprint	O RPM	⊙ sprint	O RPM		

^{*} Participants can not enter classes after the scheduled start time







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 O		HIGH SCHOOL O			
6.00pm			RELENTLESS ①	RELENTLESS ①			

Aqua Programs • Eltham Leisure Centre

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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

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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 O		TEEN O	RELENTLESS ①				
5.30pm		RELENTLESS ①		RELENTLESS ①					
6.30pm			RELENTLESS ①						

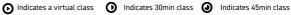
Diamond Valley Sports & Fitness Centre

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		Lesmills BODYPUMP
10.30am	PILATES	ACTIVE MOVERS (3)	YOGA	PILATES 🗿	ACTIVE MOVERS (S ZVMBA HINESS	
12.25pm			PILATES 🗿				
5.30pm			тнт 🗿	LESMILLS BODYPUMP			
6.05pm	S ZVMBA FINESS	PILATES					
6.45pm			S ZVMBA FINESS	LESMILLS BODYBALANCE			
7.10pm	YOGA						

Group Fitness Studio 2 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	D BODYCOMBAT	O BODYPUMP	©CÖRE@	O RPM	O BODYPUMP		
8.05am						O BODYPUMP	O BODYBALANCE
9.30am	O RPM	LESMILLS BODYPUMP	D BODYPUMP	O Sprint O	O BODYBALANCE	O RPM	
10.30am	KETTLEBELL 🗿	⊔т∙		KETTLEBELL ①	O BODYPUMP	©CORE()	
11.30pm		©COREO			©COREO		
12.25pm	O BODYPUMP	O BODYBALANCE	O BODYPUMP				©CÖRE@
5.30pm		Sprint o			DANCE 0		
7.10pm	O BODYCOMBAT		©CÖRE①				



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 🗿	O BODYCOMBAT	LIT 🧿	D Lesmills BODYBALANCE	CYCLE 🗿		
8.30am	CYCLE		() sprint ()		CYCLE	BURN 🗿	
9.00am	CORE EXPRESS						OTHE TRIP
9.20am	tõneo	STEP45 ⊙	Lesmills BODYPUMP	3 ZVMBA gold	Lesmills BODYPUMP	CYCLE 🗿	
10.25am	YOGA	BARRE	PILATES	YOGA	LesMILLS BODYBALANCE	PILATES	LESMILLS BODYBALANCE
11.30am						DANCE 0	O BODYPUMP
12.30pm		O GRIT STRENGTH	() sprint ()	⊙GRIT CARDIO		O BODYPUMP	
4.00pm	TEEN RELENTLESS			TEEN RELENTLESS			O RPM
4.15pm		O BODYPUMP	O BODYCOMBAT		O BODYPUMP		
5.30pm	OCORE AB BLAST [5.45PM]	GRIT CARDIO	CYCLE ①	GRIT STRENGTH	● BODYBALANCE		
6.05pm	BOXING	CYCLE	BOXING				
6.30pm				SZVMBA @			
7.00pm	BODYPUMP @	KETTLEBELL 🗿	LESMILLS BODYBALANCE				
8.00pm	Lesmills BODYBALANCE	YOGA MEDITATION	OTHE TRIP	⊙ 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 ③	BURN 🕥	tone⊚		
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					

AOUA

Use water resistance to challenge your entire body

ACTIVE AOUA

Slow tempo water resistance workout

AOUA CORE

Challenging Pilates based Agua class without use of flotation equipment

SWIM SOUAD

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

DEEP WATER AOUA

High intensity deep water workout

ACTIVE MOVERS





Circuit class to increase strength usina weiaht

BARRE

Ballet, Pilates and Yoga fusion

BURN Body weight and strength HIIT training

LesMills BODYATTACK

Sports-inspired cardio workout

LesMills **BODYBALANCE**

Yoga based wellness class

LesMills **BODYCOMBAT**



High-energy martial arts workout

LesMills **BODYPUMP**



LesMills **BODYSTEP**



Energising step workout

BOXING

Strength and Stamina





Dynamic Core Conditioning

CORE EXPRESS

Dynamic Core Training





Freestyle cycling workout

GRIT | CARDIO











GRIT STRENGTH



HIIT training to improve strength

KFTTI FBFI I



Functional compound class with kettlebell

LIT45





MEDITATION







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



Bodyweight HIIT training

PILATES

Core and conditioning class



Structured, technique focus class

LesMills





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.

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

sprint



Dance-fitness party



30min Cycling High Intensity Interval

STEP45





Cardio workout, using a height-adjustable step

Training (HIIT) workout

TAI CHI





Gentle physical exercise and stretching

THT

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

THE TRIP







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

tone

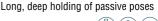


Cardio, core and resistance class

YIN YOGA







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







Dance-fitness party







OI FLOW





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





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

