

# Group Fitness

Timetable **WINTER 2025** 

# **Pricing**

Casual	\$20.40
Casual Concession	\$16.10
Virtual Class	\$9.00
Reformer Pilates Casual	\$25.60
Reformer Pilates Member	\$14.50









# **Group Fitness Studio • Eltham Leisure Centre**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE	GRIT STRENGTH O	BODYPUMP (	metafit •	<b>BODYPUMP</b>		
7.05am	O GRIT STRENGTH	O BODYPUMP	<b>O</b> BODYBALANCE	O BODYPUMP	O BODYCOMBAT	BODYPUMP	O GRIT STRENGTH
8.10am	O COREO		3 ZVMBA gold		3 ZVMBA gold	BOXING	S ZVMBA FINESS
9.10am	BODYPUMP	Lesmills BODYCOMBAT	BODYPUMP	tone	Lesmills BODYATTACK	Lesmills BODYATTACK	LesMILLS BODYPUMP
10.15am	ACTIVE MOVERS	BURN 🗿	ACTIVE MOVERS	BODYPUMP	PILATES	BODYSTEP	BODYCOMBAT
11.20am	O BODYCOMBAT	BODYPUMP	O BODYPUMP	O BODYATTACK		O BODYPUMP	O BODYATTACK
11.30am					BODYPUMP		
12.25pm	O BODYPUMP	O GRIT CARDIO	O BODYATTACK	O GRIT STRENGTH		<b>O</b> BODYCOMBAT	<b>O</b> BODYBALANCE
1.30pm	ACTIVE MOVERS	O BODYATTACK	BODYPUMP	O BODYBALANCE	<b>⊙CÖRE⊙</b>	O COREO	O BODYCOMBAT
3.00pm	O BODYATTACK	<b>○ CÖRE</b> ①	O BODYBALANCE	O BODYPUMP	O BODYATTACK	O BODYATTACK	O BODYPUMP
4.15pm	O BODYCOMBAT	O BODYBALANCE	O BODYPUMP	O BODYATTACK	O BODYPUMP	BODYPUMP	O BODYATTACK
5.30pm	BODYPUMP (	BODYSTEP @	COREO	BODYCOMBAT @	<b>○CORE①</b>	O BODYBALANCE	O BODYCOMBAT O
6.20pm	S ZVMBA HINESS	Lesmills BODYPUMP	BODYSTEP	BODYPUMP	O BODYATTACK	O GRIT STRENGTH	DANCE 0
7.25pm	BODYSTEP	S ZVMBA FINESS	BODYPUMP	BODYSTEP	O BODYPUMP	<b>⊙CORE①</b>	O BODYPUMP
8.30pm	O BODYPUMP	O BODYBALANCE		<b>⊙CÖRE⊘</b>	<b>O</b> BODYBALANCE		
9.20pm	O BODYBALANCE	<b>⊙CÖRE⊙</b>	O BODYCOMBAT 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 <b>O</b>						
9.15am	pilates	pilates	pilates	pilates	pilates	pilates	pilates
10.15am	pilates		Advanced	pilates			pilates
11.15am		pilates		pilates	Advanced		
12.30pm			pilates				
4.30pm	pilates			pilates			
5.30pm		pilates	pilates	pilates			
5.45pm	BASICS <b>O</b>						
6.30pm	pilates	athletic	Classical	pilates			

# **Wellness Studio • Eltham Leisure Centre**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA		PILATES			
7:45am		PILATES		YOGA			
8.10am						PILATES	
9.10am	PILATES	ACTIVE LIGHT	YOGA	LesMILLS BODYBALANCE	YOGA	BARRE	Lesmills BODYBALANCE
10.15am	YOGA	HATHA YOGA	PILATES	ACTIVE LIGHT	COREO	YANG-YIN YOGA	
11.20am	Lesmills BODYBALANCE	TAI CHI	BARRE	YOGA	YOGA WITH BUB	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	O RPM	LesMILLS RPM	⊙ sprint ⊙	O RPM	LesMILLS RPM		
7.00am	<b>Sprint</b>	O RPM	Sprint O	O RPM	() Sprint	O RPM	<b>Sprint</b>
8.10am		<b>○</b> Sprint		<b>○</b> Sprint		LesMills RPM	OTHE TRIP
9.10am	LesMills RPM	CYCLE	CYCLE ①	LesMills RPM	LesMILLS RPM	POWER CYCLE	LesMills RPM
10.15am	OTHE TRIP	() Sprint	⊙ sprint ⊙	O RPM	() Sprint	OTHE TRIP	<b>○</b> Sprint
12.30pm	O RPM	OTHE TRIP	O RPM	OTHE TRIP	O RPM	<b>Sprint</b>	O RPM
2.00pm	<b>Sprint</b>	O RPM	() Sprint	<b>○</b> RPM	O Sprint	O RPM	<b>Sprint</b>
4.00pm	O RPM	() Sprint	O RPM	<b>○</b> Sprint	O RPM	<b>Sprint</b>	O RPM
5.30pm	Sprint O	Sprint 0	LesMILLS RPM	O RPM	() Sprint	O RPM	<b>○</b> Sprint
6.30pm	LesMills RPM	O RPM	() Sprint	LesMills RPM	O RPM	<b>Sprint</b>	O RPM
7.30pm	OTHE TRIP	<b>⊙</b> sprint	O RPM	<b>⊙</b> sprint	O RPM		

<sup>\*</sup> 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

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			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**

Funct	ional Area	IN GYM FUNCTIONAL AREA					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	RELENTLESS ①		RELENTLESS ①		RELENTLESS ①		
8.00am							
8.30am		RELENTLESS ①		RELENTLESS ①			
9.00am	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				

# **Group Fitness Studio 1 • Diamond Valley Sports & Fitness Centre**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am			YOGA				
9.00am			RELENTLESS PLUS				
9.30am	BOXING	YOGA 9.20am		BOXING	ACTIVE <b>O</b>		LESMILLS BODYPUMP
10.30am	PILATES	ACTIVE (1)	YOGA	PILATES 🕢		S ZVMBA FINEST	
12.25pm	YOGA 🗿		PILATES 🗿				
5.30pm			тнт 🗿	BODYPUMP			
6.05pm	SZVMBA 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	O Lesmills BODYBALANCE	O BODYPUMP	©CÖRE@	O RPM	O BODYPUMP		
8.05am						O BODYPUMP	<b>D</b> LESMILLS BODYBALANCE
9.30am	O RPM	O BODYPUMP (	O BODYPUMP	<b>⊙</b> sprint ⊙	D LESMILLS BODYBALANCE	O RPM	
10.30am	KETTLEBELL (3)	⊔т❷		KETTLEBELL ①	O BODYPUMP	©COREO	
11.30pm		©CORE®			©CORE®		
12.25pm		O BODYBALANCE	O BODYPUMP				©CORE@
5.30pm	O GRIT STRENGTH	<b>⊙</b> sprint ⊙			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 RPM	LIT <b>⊙</b>	O BODYBALANCE	CYCLE 🗿		
8.30am	CYCLE		<b>⊙</b> sprint ⊙		CYCLE	BURN 🗿	
9.00am	CORE EXPRESS						THE TRIP
9.20am	töneo	STEP45 🕥	LESMILLS BODYPUMP	@ ZVMBA gold	LESMILLS BODYPUMP	CYCLE ③	
10.25am	Lesmills BODYBALANCE	BARRE	PILATES	YOGA	Lesmills BODYBALANCE	PILATES	Lesmills BODYBALANCE
11.30am							<b>O</b> BODYPUMP
12.30pm		GRIT STRENGTH	<b>⊙</b> sprint ⊙	OGRIT CARDIO		<b>D</b> BODYPUMP	
1.15pm		PILATES					
4.00pm	TEEN RELENTLESS			TEEN RELENTLESS			O RPM
4.15pm		<b>O</b> BODYPUMP	O BODYCOMBAT		<b>O</b> BODYPUMP		
5.30pm	<b>○CORE</b> AB BLAST [5.45PM]	GRIT CARDIO	CYCLE ①	GRIT STRENGTH	<b>D</b> Lesmills BODYBALANCE		
6.05pm	BOXING	CYCLE	BOXING				
6.30pm				SZVMBA @			
7.00pm	BODYPUMP @	KETTLEBELL 🏵	LESMILLS BODYBALANCE				
7.20pm				O BODYPUMP			
8.00pm	Lesmills BODYBALANCE	YOGA MEDITATION	OTHE TRIP				

# 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 🧿	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		YOGA FUSION					
1.00pm		ACTIVE MOVERS STRENGTH					

#### **AOUA**

Use water resistance to challenge vour entire body

#### **ACTIVE AQUA**

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**

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

#### LesMills **BODYATTACK**

Sports-inspired cardio workout

#### LesMills **BODYBALANCE**

Yoga based wellness class

#### LesMills **BODYCOMBAT**

#### LesMills **BODYPUMP**

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# Weight-based strength workout

High-energy martial arts workout

#### LesMills **BODYSTEP**

Energising step workout

# **BOXING**

Strength and Stamina

## CLASSICAL REFORMER

A dynamic, flowing sequence of movements. Great for those new to Reformer.

# CORE

**KFY** 



**Dynamic Core Conditioning** 

# **CORE EXPRESS**

**Dynamic Core Training** 

#### CYCLE







Freestyle cycling workout

GRIT CARDIO



HIIT training to improve cardio fitness

# GRIT STRENGTH



HIIT training to improve strength

#### KETTLEBELL



#### LIT45

Low impact interval training

#### **MEDITATION**



# metafit

Bodyweight HIIT training **PILATES** 

# Core and conditioning class

(Å)(🛋)

# Structured, technique focus class

**POWER CYCLE** 

#### LesMills **RPM**

Cycling workout

#### REFORMER Advanced

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

# 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



# RELENTLESS PLUS

A mixture of functional movements using HIIT training methodology

# Dance-fitness party

Sprint





30min Cycling High Intensity Interval Training (HIIT) workout

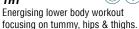
#### STEP45

Cardio workout, using a height-adjustable step

# TAI CHI

Gentle physical exercise and stretching

#### THT



# THE TRIP

Tone & strengthen. 45mins



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

# tone

YOGA FUSION



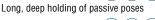




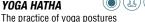
Gentle and easy to follow style of yoga, using breath awareness and mindful movement to improve mobility. Perfect for beginners.

# YIN YOGA









# 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

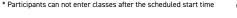


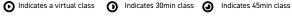
Dance-fitness party



























#### **Eltham Leisure Centre**

40 Brougham Street, Eltham 3095 9439 2266 | eltham@alignedleisure.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

# **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

# **Opening hours**

Monday to Friday 6am – 9.30pm Saturday and Sunday 8am – 6pm Public Holiday 8am – 6pm

#### **Community Bank Stadium**

129-163 Main Hurstbridge Road, Diamond Creek 3089 9438 8900 | cbs@alignedleisure.com.au

# **Opening hours**

Monday to Thursday 9am – 9pm
Friday 6am – 7pm
Saturday 8am – 6pm
Sunday 8am – 9pm
Public Holiday Closed

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