



Group Fitness

Timetable

SPRING 2025

Pricing

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



Nillumbik
Leisure



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 GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH
8.10am	LES MILLS CORE		ZUMBA gold		ZUMBA gold	BOXING	ZUMBA FINESS
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		LES MILLS BODYPUMP	LES MILLS BODYATTACK
11.30am					LES MILLS BODYPUMP		
12.25pm	LES MILLS BODYPUMP	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS GRIT STRENGTH		LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
1.30pm	ACTIVE MOVERS	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS CORE	LES MILLS CORE	LES MILLS BODYCOMBAT
3.00pm	LES MILLS BODYATTACK	LES MILLS CORE	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYPUMP
4.15pm	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYATTACK	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 FINESS	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 FINESS	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP
8.30pm	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS DANCE	LES MILLS CORE	LES MILLS BODYBALANCE		
9.20pm	LES MILLS BODYBALANCE	LES MILLS CORE	LES MILLS BODYCOMBAT	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 pilates	REFORMER pilates	REFORMER pilates	REFORMER pilates	REFORMER pilates
10.15am	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			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				PILATES			
6.00am		YOGA					
7.45am		PILATES		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	YOGA WITH BUB	LES MILLS BODYBALANCE	
12.25pm		LES MILLS BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.00pm	YOGA						
6.20pm		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 sprint		LES MILLS sprint		LES MILLS RPM	LES MILLS THE TRIP
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 sprint	LES MILLS THE TRIP	LES MILLS sprint
12.30pm	LES MILLS RPM	LES MILLS THE TRIP	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			AQUA
2.00pm	ACTIVE AQUA						
6.15pm	AQUA		AQUA				
7.15pm	AQUA		DEEP WATER AQUA (25M)	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							
8.30am		RELENTLESS ①		RELENTLESS ①			
9.00am	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				
9.00am			RELENTLESS PLUS ⌚				
9.30am	BOXING	YOGA 9.20am		BOXING	ACTIVE MOVERS ⌚		LES MILLS BODYPUMP
10.30am	PILATES	ACTIVE MOVERS ⌚	YOGA		PILATES	ZUMBA FINESS	
12.25pm	YOGA ⌚		PILATES ⌚				
5.30pm			THT ⌚	LES MILLS BODYPUMP			
6.05pm	ZUMBA FINESS	LES MILLS BODYPUMP					
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 BODYBALANCE ⌚	LES MILLS BODYPUMP ⌚	LES MILLS CORE ⌚	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 ⌚	LES MILLS BODYBALANCE ⌚	LES MILLS RPM ⌚	
10.30am	KETTLEBELL ⌚	LIT ⌚		KETTLEBELL ⌚	LES MILLS BODYPUMP ⌚	LES MILLS CORE ⌚	
11.30pm		LES MILLS CORE ⌚			LES MILLS CORE ⌚		
12.25pm		LES MILLS BODYBALANCE ⌚	LES MILLS BODYPUMP ⌚				LES MILLS CORE ⌚
5.30pm	YOGA GRIT STRENGTH ⌚	LES MILLS sprint ⌚			LES MILLS DANCE ⌚		
7.10pm	LES MILLS BODYCOMBAT ⌚		LES MILLS CORE ⌚				

Community Bank Stadium

Group Fitness Studio • Community Bank Stadium

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15am			ACTIVE MOVERS	ACTIVE MOVERS			
9.30am		YOGA FUSION					
12.00pm					ACTIVE MOVERS - PELVIC FLOOR		
1.00pm		ACTIVE MOVERS STRENGTH					

* Participants can not enter classes after the scheduled start time

⌚ Indicates a virtual class

⌚ Indicates 30min class

⌚ Indicates 45min class

Diamond Creek Community Centre

Group Fitness Studio • Diamond Creek Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	CYCLE 45	LES MILLS RPM	LIT 45	LES MILLS BODYBALANCE	CYCLE 45		
8.30am	CYCLE 30		LES MILLS Sprint 30		CYCLE 30	BURN 45	
9.00am	CORE EXPRESS						LES MILLS THE TRIP
9.20am	tone 45	STEP45 45	LES MILLS BODYPUMP	ZUMBA gold	LES MILLS BODYPUMP	CYCLE 45	
10.25am	LES MILLS BODYBALANCE	BARRE	PILATES	YOGA	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE
11.30am							LES MILLS BODYPUMP
12.30pm		GRIT STRENGTH 45	LES MILLS Sprint 30	GRIT CARDIO 45		LES MILLS BODYPUMP	
1.15pm		PILATES					
4.00pm	TEEN RELENTLESS			TEEN RELENTLESS			LES MILLS RPM
4.15pm		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP		
5.30pm	LES MILLS CORE AB BLAST [5.45PM]	LES MILLS GRIT CARDIO	CYCLE 30	LES MILLS GRIT STRENGTH	LES MILLS BODYBALANCE		
6.05pm	BOXING	CYCLE 30	BOXING				
6.30pm				ZUMBA FINEST			
7.00pm	LES MILLS BODYPUMP 45	KETTLEBELL 45	LES MILLS BODYBALANCE				
7.20pm				LES MILLS BODYPUMP			
8.00pm	LES MILLS BODYBALANCE	YOGA MEDITATION	LES MILLS THE TRIP 45				

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		

* 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

ACTIVE MOVERS - PELVIC FLOOR FOCUS

A Pilates based class with a focus on Pelvic Floor Activation

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

Fight based 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

metafitTM HIT 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

YOGA FUSION

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

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. Not suitable for walking toddlers

ZUMBA FITNESS

Dance-fitness party

ZUMBA gold

Dance-fitness party

KEY



DURATION



INTENSITY



CARDIO



STRENGTH



WELLBEING

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

 nillumbikleisure.com.au



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