

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











Group Fitness Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE	GRIT STRENGTH (BODYPUMP (metafit o	O BODYPUMP		
7.05am	O GRIT STRENGTH	O BODYPUMP	O BODYBALANCE	O BODYPUMP	D BODYCOMBAT	Lesmills BODYPUMP	O GRIT STRENGTH
8.10am	⊙ CÖRE⊙		3 ZVMBA gold		3 ZVMBA gold	BOXING	S ZVMBA FINESS
9.10am	LESMILLS BODYPUMP	Lesmills BODYCOMBAT	BODYPUMP	tone	LesMILLS BODYATTACK	LESMILLS BODYATTACK	Lesmills BODYPUMP
10.15am	ACTIVE MOVERS	BURN 🗿	ACTIVE MOVERS	LESMILLS BODYPUMP	PILATES	Lesmills BODYSTEP	Lesmills BODYCOMBAT
11.20am	O BODYCOMBAT	Lesmills BODYPUMP	D BODYPUMP	⊗ BODYATTACK		O BODYPUMP	⊙ BODYATTACK
11.30am					Lesmills BODYPUMP		
12.25pm	O BODYPUMP	O GRIT CARDIO	⊙ BODYATTACK	O GRIT STRENGTH		D BODYCOMBAT	O BODYBALANCE
1.30pm	ACTIVE MOVERS	⊙ BODYATTACK	BODYPUMP	O BODYBALANCE	⊙CORE⊙	⊙CORE⊙	O BODYCOMBAT
3.00pm	O BODYATTACK	⊙ CÖRE⊙	O BODYBALANCE	O BODYPUMP	OBODYATTACK	⊙ BODYATTACK	O BODYPUMP
4.15pm	D BODYCOMBAT	O BODYBALANCE	D BODYPUMP	⊙ BODYATTACK	O BODYPUMP	Lesmills BODYPUMP	⊙ BODYATTACK
5.30pm	BODYPUMP @	BODYSTEP @	CORE®	BODYCOMBAT @	⊙CORE①	O BODYBALANCE	O BODYCOMBAT
6.20pm	SVMBA FINESS	Lesmills BODYPUMP	Lesmills BODYSTEP	Lesmills BODYPUMP	OBODYATTACK	O GRIT STRENGTH	DANCE 0
7.25pm	BODYSTEP	3 ZVMBA FINESS	LESMILLS BODYPUMP	Lesmills BODYSTEP	O BODYPUMP	⊙CORE①	O BODYPUMP
8.30pm	O BODYPUMP	O BODYBALANCE	DANCE 0	OCOREO	O BODYBALANCE		
9.20pm	O BODYBALANCE	O CÖREO	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 O						
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			pilates
5.30pm		pilates	pilates	pilates			
5.45pm	BASICS O						
6.30pm	pilates	athletic	pilates	pilates			

Wellness Studio • Eltham Leisure Centre

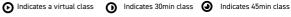
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am				PILATES			
6.00am		YOGA					
7:45am		PILATES		YOGA			
8.10am						PILATES	
9.10am	PILATES	ACTIVE LIGHT	YOGA	LESMILLS BODYBALANCE	YOGA	BARRE	LESMILLS BODYBALANCE
10.15am	YOGA	HATHA YOGA	PILATES	ACTIVE LIGHT	COREO	YANG-YIN YOGA	
11.20am	Lesmills BODYBALANCE	TAI CHI	BARRE	YOGA	YOGA WITH BUB 🧿	LesMILLS BODYBALANCE	
12.25pm		Lesmills BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.00pm	YOGA						
6.20pm		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

System Edition Control										
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5.45am	O RPM	LesMILLS RPM	⊙ sprint ⊙	O RPM	LesMILLS RPM					
7.00am	⊙ sprint	O RPM	Sprint 0	O RPM	○ Sprint	O RPM	○ Sprint			
8.10am		⊙ sprint		○ 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 ⊙	● RPM	() Sprint	OTHE TRIP	⊙ sprint			
12.30pm	O RPM	OTHE TRIP	O RPM	OTHE TRIP	O RPM	Sprint	O RPM			
2.00pm	⊙ sprint	O RPM	○ Sprint	O RPM	() Sprint	O RPM	() Sprint			
4.00pm	O RPM	⊙ sprint	O RPM	() Sprint	O RPM	Sprint	O RPM			
5.30pm	Sprint O	Sprint 0	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

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

Funct	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 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				
9.00am			RELENTLESS PLUS				
9.30am	BOXING	YOGA 9.20am		BOXING	ACTIVE O MOVERS O		BODYPUMP
10.30am	PILATES	ACTIVE ()	YOGA		PILATES	S ZVMBA FINESS	
12.25pm	YOGA 🗿		PILATES 🗿				
5.30pm			тнт 🗿	Lesmills BODYPUMP			
6.05pm	S ZVMBA FINESS	LESMILLS BODYPUMP					
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 BODYBALANCE	O BODYPUMP	©CORE@	O RPM	O BODYPUMP		
8.05am						O BODYPUMP	O BODYBALANCE
9.30am	O RPM	D BODYPUMP	D BODYPUMP	⊙ sprint ⊙	O BODYBALANCE	O RPM	
10.30am	KETTLEBELL ③	LIT		KETTLEBELL ①	O BODYPUMP	©COREO	
11.30pm		OCOREO			OCOREO		
12.25pm		O BODYBALANCE	O BODYPUMP				©CORE@
5.30pm	O GRIT STRENGTH	⊙ sprint ⊙			DANCE 0		
7.10pm	O BODYCOMBAT		©CÖRE①				

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					

Diamond Creek Community Centre

Group Fitness Studio • Diamond Creek Community Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIVIL	MONDAI		WEBNESDAT		TRIDAT	SATORDAT	JONDAI
6.05am	CYCLE ③	○ RPM	⊔т⊚	O BODYBALANCE	CYCLE ③		
8.30am	CYCLE		⊙ sprint ⊙		CYCLE ①	BURN 🕥	
9.00am	CORE EXPRESS						OTHE TRIP
9.20am	toneo	STEP45 🕥	BODYPUMP	3 ZVMBA gold	BODYPUMP	CYCLE 🗿	
10.25am	LESMILLS BODYBALANCE	BARRE	PILATES	YOGA	LESMILLS BODYBALANCE	PILATES	LESMILLS BODYBALANCE
11.30am							O BODYPUMP
12.30pm		O GRIT STRENGTH	() sprint ()	OGRIT CARDIO		O BODYPUMP	
1.15pm		PILATES					
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	GRIT STRENGTH	O BODYBALANCE		
6.05pm	BOXING	CYCLE	BOXING				
6.30pm				SZVMBA @			
7.00pm	BODYPUMP @	KETTLEBELL 🏵	LESMILLS BODYBALANCE				
7.20pm				O BODYPUMP			
8.00pm	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		







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 using weight



A Pilates based class with a focus on Pelvic Floor Activation

RARRF

Ballet, Pilates and Yoga fusion

RIIRN

Body weight and strength HIIT training

LesMills

Sports-inspired cardio workout

LesMills

Yoga based wellness class



BODYCOMBAT High-energy martial arts workout



LesMills **BODYPUMP**



Weight-based strength workout

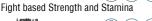








BOXING







CORE EXPRESS Dynamic Core Training



CYCLE

Freestyle cycling workout

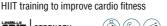


GRIT STRENGTH











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



Bodyweight HIIT training



Core and conditioning class



Structured, technique focus class

LesMills RPM

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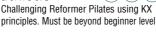
Cycling workout

REFORMER Advanced



athletic





REFORMER BASICS



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

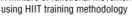
pilates



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

RELENTLESS





RELENTLESS PLUS



HIIT training methodology





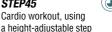
Dance-fitness party





30min Cycling High Intensity Interval Training (HIIT) workout

STEP45



TAI CHI



Gentle physical exercise and stretching

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

YOGA FUSION

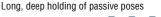


Gentle and easy to follow style of yoga, using breath awareness and mindful movement to improve mobility. Perfect for beginners.

YIN YOGA







YOGA 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



Dance-fitness party























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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