



Christmas Group Fitness Timetable

22 DEC 2025 - 11 JAN 2026

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	MON 22/12	TUES 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6.00am	METAFIT & CORE	GRIT STRENGTH	LES MILLS BODYPUMP				
7.05am	GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			LES MILLS BODYPUMP	GRIT STRENGTH
8.10am	CORE		ZUMBA gold		ZUMBA gold	LES MILLS BODYCOMBAT	LES MILLS DANCE
9.10am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYPUMP
10.15am	ACTIVE MOVERS	LES MILLS BODYPUMP	ACTIVE MOVERS		PILATES	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT
11.20am	LES MILLS BODYCOMBAT	LES MILLS DANCE	LES MILLS BODYPUMP		LES MILLS BODYPUMP (11:30AM)	LES MILLS BODYPUMP	LES MILLS BODYATTACK
12.25pm	LES MILLS BODYPUMP	GRIT CARDIO	LES MILLS BODYATTACK			LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
1.30pm	ACTIVE MOVERS	LES MILLS BODYATTACK	LES MILLS BODYPUMP		CORE	CORE	LES MILLS BODYCOMBAT
3.00pm	LES MILLS BODYATTACK	CORE	LES MILLS BODYBALANCE		LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYPUMP
4.15pm	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYATTACK
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYSTEP			CORE	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT
6.20pm	LES MILLS DANCE	LES MILLS BODYPUMP			LES MILLS BODYATTACK	GRIT STRENGTH	LES MILLS DANCE
7.25pm	LES MILLS BODYSTEP	LES MILLS DANCE			LES MILLS BODYPUMP	CORE	LES MILLS BODYPUMP
8.30pm	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			LES MILLS BODYBALANCE		
9.20pm	LES MILLS BODYBALANCE	CORE					

Reformer Pilates • Eltham Leisure Centre

TIME	MON 22/12	TUES 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
8.15am							
8.30am	BASICS						
9.15am	REFORMER pilates	REFORMER pilates					
10.15am	REFORMER pilates						
11.15am		REFORMER pilates					
4.30pm	REFORMER pilates		REFORMER pilates				REFORMER pilates
5.30pm		REFORMER pilates					
5.45pm	BASICS						
6.30pm	REFORMER pilates	REFORMER Advanced					

* Participants can not enter classes after the scheduled start time

⌚ Indicates a virtual class

🕒 Indicates 30min class

🕒 Indicates 45min class

Wellness Studio • Eltham Leisure Centre

TIME	MON 22/12	TUES 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6.00am		YOGA					
7:45am		PILATES					
8.10am							
9.10am	PILATES	ACTIVE LIGHT ☺	YOGA		YOGA		
10.15am	YOGA	HATHA YOGA	PILATES ☺			YANG-YIN YOGA	
11.20am	LES MILLS BODYBALANCE						
12.25pm		LES MILLS BODYBALANCE			YOGA WITH BUB ☺		
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.20pm	YOGA (6PM)	LES MILLS BODYBALANCE					
6.40pm					MEDITATION		
7.15pm							
7.25pm	BARRE	YOGA					
8.20pm							

Cycle Studio • Eltham Leisure Centre

TIME	MON 22/12	TUES 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
5.45am	LES MILLS RPM ☺	LES MILLS RPM ☺	LES MILLS sprint ☺				
7.00am	LES MILLS sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺			LES MILLS RPM ☺	LES MILLS sprint ☺
8.10am		LES MILLS sprint ☺				LES MILLS RPM ☺	LES MILLS THE TRIP ☺
9.10am	LES MILLS RPM ☺	CYCLE ☺	CYCLE ☺		LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺
10.15am	LES MILLS THE TRIP ☺	LES MILLS sprint ☺	LES MILLS sprint ☺		LES MILLS sprint ☺	LES MILLS THE TRIP ☺	LES MILLS sprint ☺
12.30pm	LES MILLS RPM ☺	LES MILLS THE TRIP ☺	LES MILLS RPM ☺		LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺
2.00pm	LES MILLS sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺		LES MILLS sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺
4.00pm	LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺		LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺
5.30pm	LES MILLS sprint ☺	LES MILLS sprint ☺			LES MILLS sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺
6.30pm	LES MILLS RPM ☺	LES MILLS RPM ☺			LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺
7.30pm	LES MILLS THE TRIP ☺	LES MILLS sprint ☺					

Aqua Programs • Eltham Leisure Centre

TIME	MON 22/12	TUES 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
8.15am			AQUA		AQUA		
9.15am	AQUA	AQUA				AQUA	
10.15am	AQUA		ACTIVE AQUA				
1.00pm	ACTIVE AQUA	ACTIVE AQUA					
2.00pm	ACTIVE AQUA						
6.15pm	AQUA						
8.00pm		SWIM SQUAD					

Group Fitness Studio • Eltham Leisure Centre

TIME	MON 29/12	TUES 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
6.00am	METAFIT & CORE	GRIT STRENGTH ①	LES MILLS BODYPUMP		LES MILLS BODYPUMP		
7.05am	GRIT STRENGTH ①	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	GRIT STRENGTH ①
8.10am	LES MILLS CORE ①		LES MILLS DANCE ④		ZUMBA GOLD	LES MILLS BODYCOMBAT	LES MILLS DANCE ④
9.10am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP		LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYPUMP
10.15am	ACTIVE MOVERS	LES MILLS BODYPUMP	ACTIVE MOVERS ④		LES MILLS BODYBALANCE	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT
11.20am	LES MILLS BODYCOMBAT	LES MILLS CORE ①	LES MILLS BODYPUMP		LES MILLS BODYPUMP 11.30am	LES MILLS BODYPUMP	LES MILLS BODYATTACK
12.25pm	LES MILLS BODYPUMP	GRIT CARDIO ①	LES MILLS BODYATTACK		LES MILLS CORE ①	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
1.30pm	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS CORE ①	LES MILLS BODYCOMBAT
3.00pm	LES MILLS BODYATTACK	LES MILLS CORE ①	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP
4.15pm	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS CORE ①	LES MILLS BODYPUMP	LES MILLS BODYATTACK
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT		LES MILLS BODYCOMBAT ④	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT
6.20pm	LES MILLS DANCE ④	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYPUMP	GRIT STRENGTH ①	LES MILLS DANCE ④
7.25pm	LES MILLS BODYSTEP	LES MILLS DANCE ④			LES MILLS BODYBALANCE	LES MILLS CORE ①	LES MILLS BODYPUMP ①
8.30pm	LES MILLS BODYPUMP ④	LES MILLS BODYBALANCE					
9.20pm	LES MILLS BODYBALANCE ①	LES MILLS CORE ①					

Reformer Pilates • Eltham Leisure Centre

TIME	MON 29/12	TUES 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
8.15am							
8.30am	BASICS ①						
9.15am	REFORMER PILATES ④	REFORMER PILATES ④					
10.15am							
11.15am		REFORMER PILATES ④					
4.30pm			REFORMER PILATES ④				REFORMER PILATES ④
5.30pm		REFORMER PILATES ④					
5.45pm	BASICS ①						
6.30pm	REFORMER PILATES ④	REFORMER Advanced					

* Participants can not enter classes after the scheduled start time

① Indicates a virtual class

② Indicates 30min class

④ Indicates 45min class

Wellness Studio • Eltham Leisure Centre

TIME	MON 29/12	TUES 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
6.00am		YOGA					
7.45am		PILATES					
9.10am		ACTIVE LIGHT ☺	YOGA		YOGA		
10.15am	YOGA	HATHA YOGA	PILATES ☺			YANG-YIN YOGA	
11.20am	LES MILLS BODYBALANCE				YOGA WITH BUB ☺	LES MILLS BODYBALANCE	
12.25pm		LES MILLS BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.20pm	YOGA (6PM)	LES MILLS BODYBALANCE					
6.40pm					MEDITATION		
7.25pm	BARRE	YOGA					
8.20pm	LES MILLS BODYBALANCE						

Cycle Studio • Eltham Leisure Centre

TIME	MON 29/12	TUES 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
5.45am	LES MILLS RPM ☺	LES MILLS RPM ☺	LES MILLS sprint ☺		LES MILLS RPM ☺		
7.00am	LES MILLS sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺		LES MILLS sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺
8.10am		LES MILLS sprint ☺				LES MILLS RPM ☺	LES MILLS THE TRIP ☺
9.10am	LES MILLS RPM ☺	CYCLE ☺	CYCLE ☺		LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺
10.15am	LES MILLS THE TRIP ☺	LES MILLS sprint ☺	LES MILLS sprint ☺		LES MILLS sprint ☺	LES MILLS THE TRIP ☺	LES MILLS sprint ☺
12.30pm	LES MILLS RPM ☺	LES MILLS THE TRIP ☺	LES MILLS RPM ☺		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 sprint ☺	LES MILLS RPM ☺	LES MILLS sprint ☺
6.30pm	LES MILLS RPM ☺	LES MILLS RPM ☺		LES MILLS RPM ☺	LES MILLS RPM ☺	LES MILLS sprint ☺	LES MILLS RPM ☺
7.30pm	LES MILLS THE TRIP ☺	LES MILLS sprint ☺		LES MILLS sprint ☺	LES MILLS RPM ☺		

Aqua Programs • Eltham Leisure Centre

TIME	MON 29/12	TUES 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
8.15am			AQUA		AQUA	AQUA CORE	
9.15am					AQUA	AQUA	
10.15am	AQUA		ACTIVE AQUA				
1.00pm	ACTIVE AQUA	ACTIVE AQUA					AQUA
2.00pm	ACTIVE AQUA						
6.15pm	AQUA						
7.15pm	AQUA			AQUA CORE (7PM)			
8.00pm		SWIM SQUAD					

Group Fitness Studio • Eltham Leisure Centre

TIME	MON 5/1	TUES 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
6.00am	METAFIT & CORE	GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT EXPRESS	LES MILLS BODYPUMP		
7.05am	GRIT STRENGTH	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	GRIT STRENGTH
8.10am	CORE		ZUMBA		ZUMBA	LES MILLS BODYCOMBAT	ZUMBA
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 (11.30am)	LES MILLS BODYPUMP	LES MILLS BODYATTACK
12.25pm	LES MILLS BODYPUMP	GRIT CARDIO	LES MILLS BODYATTACK	GRIT STRENGTH	CORE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
1.30pm	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	CORE	LES MILLS BODYCOMBAT
3.00pm	LES MILLS BODYATTACK	CORE	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP
4.15pm	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYATTACK	CORE	LES MILLS BODYPUMP	LES MILLS BODYATTACK
5.30pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	CORE	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT
6.20pm	LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	GRIT STRENGTH	LES MILLS DANCE
7.25pm	LES MILLS BODYSTEP	LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	CORE	LES MILLS BODYPUMP
8.30pm	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS DANCE	CORE			
9.20pm	LES MILLS BODYBALANCE	CORE	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP			

Reformer Pilates • Eltham Leisure Centre

TIME	MON 5/1	TUES 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
7.00am					REFORMER pilates		
8.15am						REFORMER pilates	
8.30am	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		
4.30pm			REFORMER pilates	REFORMER pilates			REFORMER pilates
5.30pm		REFORMER pilates	REFORMER pilates	REFORMER pilates			
5.45pm	BASICS						
6.30pm	REFORMER pilates	REFORMER Advanced		REFORMER pilates			

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

Wellness Studio • Eltham Leisure Centre

TIME	MON 5/1	TUES 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
6.00am		YOGA		PILATES (5.45AM)			
7:45am		PILATES		YOGA			
8.10am						PILATES	
9.10am	PILATES	ACTIVE LIGHT	YOGA	LES MILLS BODYBALANCE	YOGA	BARRE	
10.15am	YOGA	HATHA YOGA	PILATES	ACTIVE LIGHT	CORE	YANG-YIN YOGA	
11.20am	LES MILLS BODYBALANCE		BARRE	YOGA	YOGA WITH BUB	LES MILLS BODYBALANCE	
12.25pm		LES MILLS BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.20pm	YOGA (6PM)		YOGA	BARRE			
6.40pm					MEDITATION		
7.15pm				PILATES			
7.25pm	BARRE	YOGA					
8.20pm	LES MILLS BODYBALANCE		YOGA YIN	LES MILLS BODYBALANCE			

Cycle Studio • Eltham Leisure Centre

TIME	MON 5/1	TUES 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
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	LES MILLS sprint	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		

Aqua Programs • Eltham Leisure Centre

TIME	MON 5/1	TUES 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
8.15am			AQUA		AQUA	AQUA CORE	
9.15am				AQUA	AQUA	AQUA	
10.15am	AQUA		ACTIVE AQUA				
1.00pm	ACTIVE AQUA	ACTIVE AQUA		ACTIVE AQUA			AQUA
2.00pm	ACTIVE AQUA						
7.15pm				AQUA CORE			
8.00pm		SWIM SQUAD	SWIM SQUAD				

WEEK 1 • 22 - 28 December 2025

Functional • Eltham Leisure Centre

TIME	MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
6.00am		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		TEEN RELENTLESS ①					
6.00pm							

WEEK 2 • 29 Dec 2025 - 4 Jan 2025

Functional • Eltham Leisure Centre

TIME	MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
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		TEEN RELENTLESS ①					
6.00pm				RELENTLESS ①			

WEEK 3 • 5 - 11 Jan 2025

Functional • Eltham Leisure Centre

TIME	MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
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			

* Participants can not enter classes after the scheduled start time

① Indicates a virtual class

② Indicates 30min class

③ Indicates 45min class

Group Fitness Studio 1 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
6.05am			YOGA				
9.00am			RELENTLESS PLUS Ⓢ				
9.30am	BOXING Ⓢ				ACTIVE MOVERS Ⓢ		LES MILLS BODYPUMP
10.30am	PILATES Ⓢ	ACTIVE MOVERS Ⓢ	YOGA			ZUMBA FUESS	
12.25pm	YOGA Ⓢ		PILATES Ⓢ				
5.30pm							
6.05pm		LES MILLS BODYPUMP					
6.45pm							
7.10pm	YOGA						

Group Fitness Studio 2 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
6.05am	Ⓢ LES MILLS BODYBALANCE	Ⓢ LES MILLS BODYPUMP	Ⓢ LES MILLS CORE Ⓢ				
8.05am						Ⓢ LES MILLS BODYPUMP	Ⓢ LES MILLS BODYBALANCE
9.30am	Ⓢ LES MILLS RPM Ⓢ	Ⓢ LES MILLS BODYPUMP	Ⓢ LES MILLS BODYPUMP		PILATES Ⓢ (9.40AM)	Ⓢ LES MILLS RPM Ⓢ	
10.30am	KETTLEBELL Ⓢ	LIT45 Ⓢ			Ⓢ LES MILLS BODYPUMP Ⓢ	Ⓢ LES MILLS CORE Ⓢ	
11.30am		Ⓢ LES MILLS CORE Ⓢ			Ⓢ LES MILLS CORE Ⓢ		
12.25pm		Ⓢ LES MILLS BODYBALANCE	Ⓢ LES MILLS BODYPUMP				Ⓢ LES MILLS CORE Ⓢ
5.30pm	Ⓢ GRIT STRENGTH Ⓢ	Ⓢ LES MILLS Sprint Ⓢ					
7:10pm	Ⓢ LES MILLS BODYCOMBAT						

Functional • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
6.00am	RELENTLESS Ⓢ		RELENTLESS Ⓢ				
8.00am							
8.30am		RELENTLESS Ⓢ					
9.00am	RELENTLESS Ⓢ	RELENTLESS Ⓢ			RELENTLESS Ⓢ	RELENTLESS Ⓢ	
4.15pm	RELENTLESS Ⓢ	TEEN RELENTLESS Ⓢ					
5.30pm		RELENTLESS Ⓢ					
6.30pm							

* Participants can not enter classes after the scheduled start time

Ⓢ Indicates a virtual class

Ⓢ Indicates 30min class

Ⓢ Indicates 45min class

Group Fitness Studio 1 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
6.05am							
9.00am							
9.30am	BOXING ②	YOGA (9.20AM)			ACTIVE MOVERS ②		LES MILLS BODYPUMP
10.30am	PILATES		YOGA			ZUMBA FITNESS	
12.25pm	YOGA ②						
5.30pm							
6.05pm		LES MILLS BODYPUMP					
6.45pm							
7.10pm	YOGA						

Group Fitness Studio 2 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
6.05am	LES MILLS BODYBALANCE ②	LES MILLS BODYPUMP	LES MILLS CORE ①		LES MILLS BODYPUMP		
8.05am						LES MILLS BODYPUMP	LES MILLS BODYBALANCE
9.30am	LES MILLS RPM ②	LES MILLS BODYPUMP	LES MILLS BODYPUMP		PILATES (9:40am) ②	LES MILLS RPM ②	
10.30am	KETTLEBELL ②	LIT 45 ②			LES MILLS BODYPUMP ②	LES MILLS CORE ①	
11.30am		LES MILLS CORE ①			LES MILLS CORE ①		
12.25pm		LES MILLS BODYBALANCE					LES MILLS CORE ①
5.30pm	GRIT STRENGTH ①	LES MILLS Sprint ①			LES MILLS DANCE ②		
7:10pm	LES MILLS BODYCOMBAT						

Functional • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
6.00am	RELENTLESS ①		RELENTLESS ①		RELENTLESS ①		
8.00am							
8.30am		RELENTLESS ①					
9.00am	RELENTLESS ①	RELENTLESS ①			RELENTLESS ①	RELENTLESS ①	
4.15pm	RELENTLESS ①	TEEN RELENTLESS ①			RELENTLESS ①		
5.30pm		RELENTLESS ①					
6.30pm							

* Participants can not enter classes after the scheduled start time

⌚ Indicates a virtual class

⌚ Indicates 30min class

⌚ Indicates 45min class

Group Fitness Studio 1 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
6.05am			YOGA				
9.00am			RELENTLESS PLUS ④				
9.30am	BOXING ④	YOGA (9.20AM)		BOXING ④	ACTIVE MOVERS ④		LES MILLS BODYPUMP
10.30am	PILATES ④					ZUMBA FINESS	
12.25pm	YOGA ④		PILATES ④				
5.30pm			THT ④	LES MILLS BODYPUMP			
6.05pm		LES MILLS BODYPUMP					
6.45pm			ZUMBA FINESS	LES MILLS BODYBALANCE			
7.10pm	YOGA						

Group Fitness Studio 2 • Diamond Valley Sports & Fitness Centre

TIME	MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
6.05am	LES MILLS BODYBALANCE ④	LES MILLS BODYPUMP	LES MILLS CORE ④	LES MILLS RPM ④	LES MILLS BODYPUMP		
8.05am						LES MILLS BODYPUMP	LES MILLS BODYBALANCE
9.30am	LES MILLS RPM ④	LES MILLS BODYPUMP	LES MILLS BODYPUMP	sprint ④	PILATES (9.40PM)	LES MILLS RPM ④	
10.30am	KETTLEBELL ④	LIT45 ④		KETTLEBELL ④	LES MILLS BODYPUMP ④	LES MILLS CORE ④	
11.30am		LES MILLS CORE ④			LES MILLS CORE ④		
12.25pm		LES MILLS BODYBALANCE	LES MILLS BODYPUMP				LES MILLS CORE ④
5.30pm	LES MILLS GRIT STRENGTH ④	LES MILLS sprint ④			LES MILLS DANCE ④		
7:10pm	LES MILLS BODYCOMBAT		LES MILLS CORE ④				

Functional • Diamond Valley Sports & Fitness Centre








































TIME	MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
6.00am	RELENTLESS ④		RELENTLESS ④		RELENTLESS ④		
8.00am							
8.30am		RELENTLESS ④		RELENTLESS ④			
9.00am	RELENTLESS ④	RELENTLESS ④		RELENTLESS ④	RELENTLESS ④	RELENTLESS ④	
4.15pm	RELENTLESS ④	TEEN RELENTLESS ④		TEEN RELENTLESS ④	RELENTLESS ④		
5.30pm		RELENTLESS ④		RELENTLESS ④			
6.30pm			RELENTLESS ④				

* Participants can not enter classes after the scheduled start time

④ Indicates a virtual class

① Indicates 30min class










② Indicates 45min class




Group Fitness Studio • Diamond Creek Community Centre							
TIME	MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
6.05am	 LESMILLS RPM 	 LESMILLS RPM 	LIT 				
8.30am	CYCLE 		 LESMILLS sprint 		CYCLE 	BURN 	
9.00am	CORE EXPRESS 						 LESMILLS THE TRIP 
9.20am	tone 	 STEP45 	LESMILLS BODYPUMP		 LESMILLS BODYPUMP	CYCLE 	
10.25am	LESMILLS BODYBALANCE	 BARRE 	PILATES		LESMILLS BODYBALANCE	PILATES	LESMILLS BODYBALANCE
11.30am							 LESMILLS BODYPUMP
12.30pm		 GRIT STRENGTH 	 LESMILLS sprint 			 LESMILLS BODYPUMP	
1.15pm		PILATES 					
4.00pm	TEEN RELENTLESS 						 LESMILLS RPM
4.15pm		 LESMILLS BODYPUMP			 LESMILLS BODYPUMP		
5.30pm	 CORE  AB BLAST [5.45PM]	LESMILLS GRIT CARDIO 					
6.05pm	BOXING 	 LESMILLS sprint 					
6.30pm							
7.00pm	LESMILLS BODYPUMP 	KETTLEBELL 					
8.00pm	LESMILLS BODYBALANCE	YOGA MEDITATION					

Stadium • Diamond Creek Community Centre							
TIME	MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
6.05am		RELENTLESS PLUS 					
9.00am		CORE EXPRESS 	CORE EXPRESS 		CORE EXPRESS 		
9.20am		RELENTLESS PLUS 	LIT 45 		RELENTLESS PLUS 		

Group Fitness Studio • Diamond Creek Community Centre							
TIME	MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
6.05am	🕒 LESMILLS RPM 🕒	🕒 LESMILLS RPM 🕒	LIT 🕒		CYCLE 🕒		
8.30am	CYCLE 🕒		🕒 LESMILLS sprint 🕒		CYCLE 🕒		
9.00am	CORE EXPRESS 🕒						
9.20am	tone 🕒	🕒 STEP45 🕒	LESMILLS BODYPUMP		LESMILLS BODYPUMP		
10.25am	LESMILLS BODYBALANCE	BARRE 🕒	PILATES		LESMILLS BODYBALANCE		
11.30am							
12.30pm		🕒 GRIT STRENGTH 🕒	🕒 LESMILLS sprint 🕒				
1.15pm		PILATES 🕒					
4.00pm	TEEN RELENTLESS 🕒			TEEN RELENTLESS 🕒			
4.15pm		🕒 LESMILLS BODYPUMP			🕒 LESMILLS BODYPUMP		
5.30pm	🕒 CORE 🕒 AB BLAST [5.45PM]	LESMILLS GRIT CARDIO 🕒		🕒 GRIT STRENGTH 🕒	🕒 LESMILLS BODYBALANCE		
6.05pm	BOXING 🕒	CYCLE 🕒					
6.30pm							
7.00pm	LESMILLS BODYPUMP 🕒	KETTLEBELL 🕒					
7.20pm							
8.00pm	LESMILLS BODYBALANCE	YOGA MEDITATION					

Stadium • Diamond Creek Community Centre							
TIME	MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
8.30am						BURN 45 🕒	
9.00am		CORE EXPRESS 🕒	CORE EXPRESS 🕒		CORE EXPRESS 🕒		RELENTLESS PLUS 🕒
9.20am		RELENTLESS PLUS 🕒	LIT45 🕒		RELENTLESS PLUS 🕒	CYCLE45 🕒	
10.25am							LESMILLS BODYBALANCE

Group Fitness Studio • Diamond Creek Community Centre							
TIME	MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
6.05am				 LES MILLS BODYBALANCE	CYCLE ②		
8.30am					CYCLE ①	BURN 45 ②	
9.00am							 LES MILLS THE TRIP
9.20am				 LES MILLS DANCE ②	LES MILLS BODYPUMP	CYCLE ②	
10.25am				YOGA	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE
11.30am							 LES MILLS BODYPUMP
12.30pm				 GRIT CARDIO ①		 LES MILLS BODYPUMP	
4.00pm				TEEN RELENTLESS ①			 LES MILLS RPM
4.15pm					 LES MILLS BODYPUMP		
5.30pm				 GRIT STRENGTH ①	 LES MILLS BODYBALANCE		
6.30pm				 ZUMBA ②			
7.20pm				 LES MILLS BODYPUMP			

Stadium • Diamond Creek Community Centre							
TIME	MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
6.05am	CYCLE ②	RELENTLESS PLUS ②	LIT 45 ②	RELENTLESS PLUS ②			
8.30am	CYCLE ①				RELENTLESS PLUS ②		
9.00am	CORE EXPRESS ②	CORE EXPRESS ②	CORE EXPRESS ②	CORE EXPRESS ②	CORE EXPRESS ②		RELENTLESS PLUS ②
9.20am	 tone ②	STEP 45 ②	LES MILLS BODYPUMP	BURN 45 ②	 tone ②		
		RELENTLESS ② PLUS (OUTDOORS)	LIT 45 ② (OUTDOORS)				
10.25am	LES MILLS BODYBALANCE	BARRE ②	PILATES		RELENTLESS PLUS ②		
1.15pm		PILATES ②					
4.00pm	TEEN RELENTLESS ①						
5.30pm		 GRIT CARDIO ①	CYCLE ①				
6.05pm	BOXING ②		BOXING ②				
7.00pm	LES MILLS BODYPUMP ②	KETTLEBELL ②	LES MILLS BODYBALANCE				
8.00pm		YOGA MEDITATION					

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

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

Christmas Opening Hours

	Eltham Leisure Centre	Diamond Creek Community Centre	Diamond Creek Outdoor Pool	Diamond Valley Sports and Fitness Centre	Community Bank Stadium
Wed 24 Dec	5:30am to 6pm	6am to 1pm	9am to 5pm	6am to 4pm	CLOSED
Thu 25 Dec	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Fri 26 Dec	8am to 8pm	8am to 6pm	9am to 6pm	8am to 6pm	CLOSED
Sat 27 Dec	7am to 8pm	8am to 6pm	9am to 6pm	8am to 6pm	CLOSED
Sun 28 Dec	7am to 8pm	8am to 6pm	9am to 6pm	8am to 6pm	CLOSED
Mon 29 Dec	5:30am to 10pm	6am to 9.30pm	6am to 8pm	6am to 9.30pm	CLOSED
Tue 30 Dec	5:30am to 10pm	6am to 9.30pm	6am to 8pm	6am to 9.30pm	CLOSED
Wed 31 Dec	5:30am to 6pm	6am to 1pm	9am to 5pm	6am to 4pm	CLOSED
Thu 1 Jan	1pm to 8pm	1pm to 6pm	1pm to 6pm	1pm to 6pm	CLOSED

Eltham Leisure Centre

40 Brougham Street, Eltham 3095

• Return to Centre service 2nd January

Diamond Creek Community Centre

28 Main Hurstbridge Road, Diamond Creek 3089

• Return to Centre service 2nd January with Child Care returning on 13 January

Diamond Valley Sports & Fitness Centre

44 Civic Drive, Greensborough 3088

• Returns to Centre service on 2 January with Child Care returning on 29 January

Community Bank Stadium

129-163 Main Hurstbridge Road, Diamond Creek 3089

• Reopening 12 January



**Nillumbik
Leisure**