



# Group Fitness

## Timetable

AUTUMN 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



# Eltham Leisure Centre

## 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	LES MILLS BODYCOMBAT	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 fitness
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 fitness	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 fitness	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 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			REFORMER pilates
5.30pm		REFORMER pilates	REFORMER pilates	REFORMER pilates			
5.45pm	REFORMER BASICS						
6.30pm	REFORMER pilates	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					
7:05am						<b>NEW</b> LESMILLS Shapes	
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	LESMILLS CORE	YANG-YIN YOGA	
10.30am							<b>NEW</b> LESMILLS Shapes
11.20am	LESMILLS BODYBALANCE	TAI CHI	BARRE	YOGA	YOGA WITH BUB	LESMILLS BODYBALANCE	
12.25pm		LESMILLS BODYBALANCE		<b>NEW</b> LESMILLS Shapes			
4.00pm	<b>NEW</b> TEEN YOGA						
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.00pm	YOGA						
6.20pm		LESMILLS BODYBALANCE	YOGA	BARRE			
6.40pm					MEDITATION		
7.25pm	BARRE	YOGA					
8.20pm	LESMILLS BODYBALANCE		YOGA YIN	LESMILLS BODYBALANCE			

## Cycle Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS RPM		
7.00am	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint
8.10am		LESMILLS sprint		LESMILLS sprint		LESMILLS RPM	THE TRIP
9.10am	LESMILLS RPM	CYCLE	CYCLE	LESMILLS RPM	LESMILLS RPM	POWER CYCLE	LESMILLS RPM
10.15am	THE TRIP	LESMILLS sprint	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	THE TRIP	LESMILLS sprint
12.30pm	LESMILLS RPM	THE TRIP	LESMILLS RPM	THE TRIP	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
2.00pm	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint
4.00pm	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
5.30pm	LESMILLS sprint	LESMILLS sprint	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint
6.30pm	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
7.30pm	THE TRIP	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS 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				

# 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

① Indicates a virtual class

② Indicates 30min class

③ 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				
9.30am	BOXING	YOGA 9.20am	LES MILLS tone	BOXING	ACTIVE MOVERS ②		LES MILLS BODYPUMP
10.30am	PILATES	ACTIVE MOVERS ②	YOGA			ZUMBA FITNESS	
12.25pm	YOGA ②		PILATES ②				
5.30pm			THT ②	LES MILLS BODYPUMP			
6.05pm	ZUMBA FITNESS	LES MILLS BODYPUMP					
6.45pm			ZUMBA FITNESS				
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 ②	LES MILLS BODYPUMP	LES MILLS CORE ②	LES MILLS RPM	LES MILLS BODYPUMP		
8.05am						LES MILLS BODYPUMP	LES MILLS BODYBALANCE ②
9.30am	LES MILLS RPM	LES MILLS BODYPUMP ②	LES MILLS BODYPUMP	LES MILLS Sprint ②	PILATES 9.40am	LES MILLS RPM	
10.30am	KETTLEBELL ②	LIT ②		KETTLEBELL ②	LES MILLS BODYPUMP ②	LES MILLS CORE ②	
11.30pm		LES MILLS CORE ②			LES MILLS CORE ②		
12.25pm		LES MILLS BODYBALANCE ②	LES MILLS BODYPUMP ②				LES MILLS CORE ②
5.30pm	LES MILLS GRIT   STRENGTH ②	LES MILLS Sprint ②			LES MILLS DANCE ②		
7.10pm	LES MILLS BODYCOMBAT		LES MILLS CORE ②				

## 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		
8.30am		RELENTLESS ①		RELENTLESS ①			
9.00am	RELENTLESS ①	RELENTLESS ①	RELENTLESS PLUS ②	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

② Indicates a virtual class

① Indicates 30min class

② 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 ④	LES MILLS RPM	LIT ④	LES MILLS BODYBALANCE	CYCLE ④		
8.30am	CYCLE ①		LES MILLS Sprint ①		CYCLE ①	BURN ④	
9.00am	CORE EXPRESS						LES MILLS THE TRIP
9.20am	tone ④	STEP45 ④	LES MILLS BODYPUMP	ZUMBA gold	LES MILLS BODYPUMP	CYCLE ④	
10.25am	LES MILLS BODYBALANCE	BARRE	PILATES	YOGA	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE
11.30am							LES MILLS BODYPUMP
12.30pm		GRIT   STRENGTH ①	LES MILLS Sprint ①	GRIT   CARDIO ④		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 ①	LES MILLS GRIT   STRENGTH	LES MILLS BODYBALANCE		
6.05pm	BOXING	CYCLE ①	BOXING				
6.30pm				ZUMBA FINEST			
7.00pm	LES MILLS BODYPUMP ④	KETTLEBELL ④	LES MILLS BODYBALANCE				
7.20pm				LES MILLS BODYPUMP			
8.00pm	LES MILLS BODYBALANCE	YOGA MEDITATION	LES MILLS THE TRIP ④				

## 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 ④	BURN ④	tone ④		
10.25am					RELENTLESS PLUS		

\* Participants can not enter classes after the scheduled start time

④ Indicates a virtual class

① Indicates 30min class

④ 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

## LES MILLS CORE

Dynamic Core Conditioning

## CORE EXPRESS

Dynamic Core Training

## CYCLE

Freestyle cycling workout

## LES MILLS DANCE

Dance-fitness party

## 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<sup>™</sup> 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 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

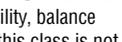
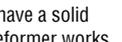
A mixture of functional movements using HIIT training methodology

## RELENTLESS PLUS

A mixture of functional movements using HIIT training methodology

## LES MILLS Shapes

A challenging low-impact workout blending Pilates, Barre and Power Yoga



## 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

## TEEN YOGA

A teen only yoga class, to help improve strength, balance and flexibility, whilst promoting a calm, focused mind

## 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



### **Eltham Leisure Centre**

40 Brougham Street, Eltham 3095  
9439 2266 | [eltham@alignedleisure.com.au](mailto:eltham@alignedleisure.com.au)

#### **Opening hours**

**Monday to Friday** 5.30am – 10pm  
**Saturday and Sunday** 7am – 8pm  
**Public Holidays** 8am – 8pm

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### **Diamond Creek Community Centre**

28 Main Hurstbridge Road, Diamond Creek 3089  
9438 5299 | [dccc@alignedleisure.com.au](mailto: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

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### **Diamond Valley Sports & Fitness Centre**

44 Civic Drive, Greensborough 3088  
9435 8444 | [dvsfc@alignedleisure.com.au](mailto:dvsfc@alignedleisure.com.au)

#### **Opening hours**

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

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### **Community Bank Stadium**

129-163 Main Hurstbridge Road, Diamond Creek 3089  
9438 8900 | [cbs@alignedleisure.com.au](mailto: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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 [nillumbikleisure.com.au](http://nillumbikleisure.com.au)



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