



Group Fitness

Timetable

WINTER 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	LES MILLS BODYCOMBAT	ZUMBA FITNESS
9.10am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS 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 BODYPUMP	LES MILLS BODYATTACK
12.25pm	LES MILLS BODYPUMP	LES MILLS GRIT CARDIO	LES MILLS BODYATTACK	LES MILLS GRIT STRENGTH	LES MILLS BODYBALANCE	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			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		NEW REFORMER pilates Jumbboard	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 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						NEW 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	NEW LESMILLS Shapes
11.20am	LESMILLS BODYBALANCE	TAI CHI	BARRE	YOGA	YOGA WITH BUB	LESMILLS BODYBALANCE	
12.25pm		LESMILLS BODYBALANCE		NEW LESMILLS Shapes			
4.00pm	NEW TEEN YOGA						
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	BARRE				
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		LES MILLS BODYPUMP
10.30am	PILATES	ACTIVE MOVERS	YOGA			ZUMBA FITNESS	
12.25pm	YOGA		PILATES				
5.30pm			THT	LES MILLS BODYPUMP			
6.05pm	ZUMBA FITNESS						
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	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	PILATES 9.40am	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	LES MILLS GRIT STRENGTH	LES MILLS sprint			LES MILLS DANCE		
7.10pm	LES MILLS BODYCOMBAT		LES MILLS CORE				

Functional Area • Diamond Valley Sports & Fitness Centre

IN GYM FUNCTIONAL AREA

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	RELENTLESS		RELENTLESS		RELENTLESS		
8.30am		RELENTLESS		RELENTLESS			
9.00am	RELENTLESS	RELENTLESS	RELENTLESS PLUS	RELENTLESS	RELENTLESS	RELENTLESS	
4.15pm	RELENTLESS	TEEN RELENTLESS		TEEN RELENTLESS	RELENTLESS		
5.30pm		RELENTLESS		RELENTLESS			
6.30pm			RELENTLESS				

* 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 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 FINESSE ④			
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 BODYPSTEP

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 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

pilates REFORMER

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

NEW REFORMER pilates Jumpboard

Using a padded board, perform jumps from a horizontal position to deliver joint-friendly cardio, coordination balance and deep core activation.

RELENTLESS

A mixture of functional movements using HIIT training methodology

RELENTLESS PLUS

A mixture of functional movements using HIIT training methodology

NEW 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

NEW 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 strength, balance and flexibility, whilst cycling with a journey through digitally created worlds

LES MILLS 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 – 9pm
Friday 6am – 7pm
Saturday 8am – 6pm
Sunday 9am – 1pm
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 8am – 6pm
Sunday 9am – 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 Friday 9am – 9pm
Saturday 8am – 6pm
Sunday 8am – 1.30pm
Public Holiday Closed

 nillumbikleisure.com.au



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