


Group Fitness Timetable


AUTUMN 2018

ELTHAM LEISURE
CENTRE

GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	CIRCUIT	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYPUMP	CIRCUIT	LesMILLS BODYPUMP VIRTUAL		
7.05am	LesMILLS CXWORX VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYBALANCE VIRTUAL	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYPUMP	LesMILLS CXWORX VIRTUAL
8.10am			 ZUMBA gold			BOXING	LesMILLS BODYSTEP
9.10am	LesMILLS BODYPUMP	LesMILLS CXWORX*	CIRCUIT	tone	LesMILLS BODYATTACK	LesMILLS BODYATTACK	metafit <small>HIT TRAINING</small>
9.40am		KETTLEBELL*					
10.15am	CIRCUIT	LesMILLS BODYCOMBAT	LesMILLS CXWORX*	LesMILLS BODYPUMP	PILATES	LesMILLS BODYSTEP	LesMILLS BODYCOMBAT
11.20am	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYPUMP	LesMILLS BODYPUMP	ACTIVE MOVERS	tone	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYPUMP
12.25pm	LesMILLS CXWORX VIRTUAL*	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS CXWORX VIRTUAL*	ACTIVE PUMP	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYBALANCE VIRTUAL
1.30pm	ACTIVE MOVERS	LesMILLS BODYCOMBAT VIRTUAL	ACTIVE PUMP	LesMILLS BODYBALANCE VIRTUAL	LesMILLS CXWORX VIRTUAL	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL
3.00pm	LesMILLS BODYPUMP VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYPUMP VIRTUAL
4.15pm	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYBALANCE VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYPUMP	LesMILLS CXWORX VIRTUAL
5.30pm	LesMILLS CXWORX*	LesMILLS BODYSTEP*	LesMILLS CXWORX*	metafit <small>HIT TRAINING*</small>	LesMILLS CXWORX VIRTUAL	LesMILLS BODYBALANCE VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL
6.15pm	LesMILLS BODYPUMP	LesMILLS BODYATTACK	LesMILLS BODYATTACK	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT VIRTUAL		
7.15pm	LesMILLS BODYSTEP	 ZUMBA fitness	LesMILLS BODYPUMP	LesMILLS BODYSTEP	LesMILLS BODYPUMP VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS SH'BAM VIRTUAL*
8.15pm	BOXING	LesMILLS BODYPUMP	metafit <small>HIT TRAINING*</small>	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYBALANCE VIRTUAL		
9.15pm	LesMILLS SH'BAM VIRTUAL*	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYCOMBAT VIRTUAL*	LesMILLS BODYPUMP VIRTUAL*			

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		LesMILLS BODYBALANCE			YOGA HATHA		
8.10am						PILATES	
9.10am	PILATES		YOGA HATHA	BARRE	 ZUMBA gold	BARRE	LesMILLS BODYBALANCE
10.15am	ACTIVE MOVERS	PILATES	ACTIVE MOVERS		LesMILLS CXWORX*		YOGA VINYASA
11.20am	LesMILLS BODYBALANCE		BARRE	YOGA HATHA		LesMILLS BODYBALANCE	
12.25pm		LesMILLS BODYBALANCE					
5.00pm							YOGA IYENGAR
5.30pm	PILATES 45				YOGA HATHA		
6.15pm	YOGA HATHA		PILATES	PILATES			
7.15pm		PILATES		BARRE			
8.15pm	LesMILLS BODYBALANCE		YOGA NIDRA	LesMILLS BODYBALANCE			

* Indicates 30min classes

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LesMILLS RPM VIRTUAL	LesMILLS RPM		LesMILLS RPM	LesMILLS RPM		
7.00am	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
8.10am						LesMILLS RPM	
9.10am	LesMILLS RPM	LesMILLS RPM	CYCLE *	LesMILLS RPM	LesMILLS RPM	POWER CYCLE	LesMILLS RPM MAX
10.15am		LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL			LesMILLS RPM VIRTUAL
12.30pm	LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
2.00pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
4.00pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
5.30pm	LesMILLS RPM	CYCLE *	LesMILLS RPM	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
6.30pm	LesMILLS RPM	LesMILLS RPM		LesMILLS RPM	LesMILLS RPM VIRTUAL		
7.30pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL

* Indicates 30min classes

CLASS DESCRIPTIONS



Sports-inspired cardio workout



Weight-based strength workout



Dynamic training that focuses on core strength



Dance-fitness party



Yoga-based class to improve well-being



Energising step workout



Cycling workout



Freestyle cycling workout



High-energy martial arts workout



A mix of cardio, resistance and core while playing with different training concepts



Combines bodyweight exercises with HIIT training



Functional, compound exercises with Kettlebells



Get strong, ride varying terrain with structured class, focus and technique



Body conditioning or endurance training or resistance training using high-intensity



A high intensity boxing circuit class



Works core and coordination using Pilate's movements



is the practice of physical yoga postures



emphasises detail, precision and alignment in posture and breath control



Smooth transition of poses where movement is synchronized to a breath



powerful meditation technique



Energetic workout that fuses ballet, pilates and yoga



Low impact cardiovascular exercise



Dance-fitness party



Dance-fitness party

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Hours: 5.30am - 10pm weekdays / 7am - 8pm weekends

ELTHAM LEISURE CENTRE