



GROUP FITNESS TIMETABLE

FEB 2019

ELTHAM LEISURE CENTRE

PRICING

Casual	\$16.00
Casual Concession	\$12.80
Virtual Class	\$8.00
Reformer Pilates Casual	\$22.00
Reformer Pilates Member	\$12.00

OPENING HOURS

Monday to Friday
Saturday and Sunday
Public Holidays*

5.30am – 10pm
7am – 8pm
8am – 8pm

*Anzac Day - 1pm – 8pm

GROUP FITNESS STUDIO

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

REFORMER PILATES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30am			REFORMER pilates				
8.15am						REFORMER principles	
9.15am	REFORMER principles	REFORMER pilates	REFORMER pilates	REFORMER principles	REFORMER pilates	REFORMER pilates	REFORMER pilates
10.15am	REFORMER pilates	REFORMER principles		REFORMER pilates			
12.30pm			REFORMER pilates				
4.30pm	REFORMER pilates						
5.30pm			REFORMER pilates				
6.30pm	REFORMER principles	REFORMER pilates		REFORMER pilates			

*Reformer Principles classes are FREE for members – all other Reformer Pilates classes incur cost \$12 for members and \$22 for non-members

WELLNESS STUDIO

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

CYCLE STUDIO

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

** participants can not enter classes after the scheduled start time



Indicates a virtual class



Indicates 30min class



Indicates 45min class

AQUA PROGRAMS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am							TRI TRAINING
8.15am	AQUA ZUMBA	AQUA	AQUA		AQUA ZUMBA	AQUA	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.15am	AQUA		ACTIVE AQUA	AQUA			
1.00pm	ACTIVE AQUA			ACTIVE AQUA			
6.00pm	AQUA	AQUA					
7.00pm			AQUA	AQUA			
8.00pm			SWIM SQUAD (25M)				

AQUA

Use water resistance to challenge your entire body

ACTIVE AQUA

Slow tempo water resistance workout

AQUA ZUMBA

A fun dance water workout to challenge your entire body

SWIM SQUAD

Learn and improve swim technique, and stay fit and healthy in the pool

TRI TRAINING

90min swim, ride and run.
Suitable for all fitness levels

LESMILLS BODYATTACK

Sports-inspired cardio workout



LESMILLS BODYCOMBAT

High-energy martial arts workout



LESMILLS BODYPUMP

Weight-based strength workout



LESMILLS BODYSTEP

Energising step workout



LESMILLS CXWORX

Dynamic Core Training



tone

Cardio, core and resistance class



ACTIVE MOVERS

Low impact cardio class



BOXING

High intensity boxing circuit



KETTLEBELL

Functional compound class with kettlebell



metafit^{HIIT TRAINING}

Bodyweight HIIT training



POWER HIIT

High intensity endurance and resistance



LESMILLS RPM

Cycling workout



CYCLE

Freestyle cycling workout



POWER CYCLE

Structured, technique focus class



BARRE

Ballet, Pilates and Yoga fusion



PILATES

Core and conditioning class



REFORMER pilates

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



REFORMER principles

Beginner class, designed to get you comfortable teaching basic movements



LESMILLS BODYBALANCE

Yoga based wellness class



YOGA HATHA

The practice of yoga postures



YOGA IYENGAR

Emphasis on precision and alignment



YOGA NIDRA

Powerful meditation technique



YOGA VINYASA

Smooth transition of yoga poses



LESMILLS SH'BAM

Dance-fitness party



ZUMBA fitness

Dance-fitness party



ZUMBA gold

Dance-fitness party



KEY



DURATION



INTENSITY



CARDIO



STRENGTH



WELLBEING