

Group Fitness Timetable

MELBOURNE CUP WEEKEND

ELTHAM LEISURE
CENTRE



GROUP FITNESS STUDIO 2

TIME	FRIDAY 3 NOVEMBER	SATURDAY 4 NOVEMBER	SUNDAY 5 NOVEMBER	MONDAY 6 NOVEMBER	TUESDAY MELB CUP
5.45am	YOGA			LesMILLS BODYPUMP	
7.05am		LesMILLS BODYPUMP			
8.10am		PILATES	LesMILLS BODYSTEP		
9.10am	LesMILLS BODYATTACK	BARRE	LesMILLS BODYBALANCE	PILATES	LesMILLS CXWORX *
9.40am					KETTLEBELL *
10.15am	PILATES	LesMILLS BODYSTEP	LesMILLS BODYCOMBAT	ACTIVE MOVERS CIRCUIT (STADIUM)	PILATES
10.45am					
11.20am		LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	
1.30pm				STRONG MOVERS	
4.15pm		LesMILLS BODYPUMP			
5.00pm			YOGA		
5.30pm	YOGA			PILATES	LesMILLS BODYSTEP EXPRESS *
6.15pm				LesMILLS BODYPUMP	LesMILLS BODYATTACK
7.15pm				LesMILLS BODYSTEP	
8.15pm				LesMILLS BODYBALANCE	

* Indicates 30min classes

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CYCLE STUDIO

TIME	FRIDAY 3 NOVEMBER	SATURDAY 4 NOVEMBER	SUNDAY 5 NOVEMBER	MONDAY 6 NOVEMBER	TUESDAY MELB CUP
5.45am	LES MILLS RPM			LES MILLS RPM VIRTUAL	
7am	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	
8.10am		LES MILLS RPM			
9.10am	LES MILLS RPM	CYCLE *	LES MILLS RPM VIRTUAL	LES MILLS RPM	LES MILLS RPM
10am			LES MILLS RPM		LES MILLS RPM VIRTUAL
12.30pm	LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL	
2pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
4pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
5.30pm		LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM	CYCLE *
6.30pm	LES MILLS RPM VIRTUAL			LES MILLS RPM	
7.30pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	

* Indicates 30min classes