

# Group Fitness Timetable

## SPRING 2017

ELTHAM LEISURE  
CENTRE



### GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LesMills <b>BODYPUMP</b>	LesMills <b>BODYCOMBAT VIRTUAL</b>	LesMills <b>BODYPUMP</b>	<b>CIRCUIT</b>	LesMills <b>CXWORX VIRTUAL*</b>		
7.05am	LesMills <b>BODYCOMBAT VIRTUAL</b>	LesMills <b>CXWORX VIRTUAL*</b>	LesMills <b>BODYBALANCE VIRTUAL</b>	LesMills <b>SHBAM VIRTUAL</b>	LesMills <b>BODYPUMP VIRTUAL</b>	LesMills <b>BODYPUMP</b>	LesMills <b>BODYPUMP VIRTUAL</b>
8.10am			ZUMBA <b>Gold</b>			<b>BOXING</b>	LesMills <b>BODYSTEP</b>
9.10am	LesMills <b>BODYPUMP</b>	LesMills <b>CXWORX*</b>	<b>YOGA HATHA</b>	LesMills <b>BODYVIVE</b>	LesMills <b>BODYATTACK</b>	LesMills <b>BODYATTACK</b>	LesMills <b>BODYBALANCE</b>
9.40am		<b>KETTLEBELL*</b>					
10.15am	<b>ACTIVE MOVERS</b>	<b>PILATES</b>	<b>KETTLEBELL*</b>	LesMills <b>BODYPUMP</b>	<b>PILATES</b>	LesMills <b>BODYSTEP</b>	LesMills <b>BODYCOMBAT</b>
10.45am			LesMills <b>CXWORX*</b>				
11.20am	LesMills <b>BODYBALANCE</b>	LesMills <b>BODYPUMP</b>	LesMills <b>BODYPUMP</b>	<b>YOGA HATHA</b>	<b>ACTIVE BARRE</b>	LesMills <b>BODYBALANCE</b>	LesMills <b>BODYPUMP</b>
12.25pm	LesMills <b>SHBAM VIRTUAL</b>	LesMills <b>BODYBALANCE</b>	LesMills <b>BODYCOMBAT VIRTUAL</b>	<b>ACTIVE MOVERS</b>	<b>ACTIVE PUMP</b>	LesMills <b>SHBAM VIRTUAL</b>	LesMills <b>BODYBALANCE VIRTUAL</b>
1.30pm	<b>ACTIVE MOVERS</b>	LesMills <b>BODYCOMBAT VIRTUAL</b>	<b>ACTIVE PUMP</b>	LesMills <b>BODYBALANCE VIRTUAL</b>	LesMills <b>SHBAM VIRTUAL</b>	LesMills <b>BODYPUMP VIRTUAL</b>	LesMills <b>BODYCOMBAT VIRTUAL</b>
3.00pm	LesMills <b>BODYPUMP VIRTUAL</b>	LesMills <b>CXWORX VIRTUAL*</b>	LesMills <b>SHBAM VIRTUAL</b>	LesMills <b>BODYPUMP VIRTUAL</b>	LesMills <b>BODYBALANCE VIRTUAL</b>	LesMills <b>CXWORX VIRTUAL*</b>	LesMills <b>BODYPUMP VIRTUAL</b>
4.15pm	LesMills <b>BODYCOMBAT VIRTUAL</b>	LesMills <b>SHBAM VIRTUAL</b>	LesMills <b>BODYPUMP VIRTUAL</b>	LesMills <b>CXWORX VIRTUAL*</b>	LesMills <b>BODYCOMBAT VIRTUAL</b>	LesMills <b>BODYPUMP</b>	
5.00pm							<b>YOGA IYENGAR</b>
5.30pm	LesMills <b>CXWORX*</b>	LesMills <b>BODYSTEP*</b>	LesMills <b>CXWORX*</b>	<b>KETTLEBELL*</b>	<b>YOGA HATHA</b>		
6.15pm	LesMills <b>BODYPUMP</b>	LesMills <b>BODYATTACK</b>	LesMills <b>BODYATTACK</b>	LesMills <b>BODYPUMP</b>		LesMills <b>BODYCOMBAT VIRTUAL</b>	LesMills <b>BODYCOMBAT VIRTUAL</b>
7.15pm	LesMills <b>BODYSTEP</b>	ZUMBA <b>Gold</b>	LesMills <b>BODYPUMP</b>	LesMills <b>BODYSTEP</b>	LesMills <b>BODYPUMP VIRTUAL</b>	LesMills <b>BODYBALANCE VIRTUAL*</b>	LesMills <b>SHBAM VIRTUAL*</b>
8.15pm	LesMills <b>BODYCOMBAT</b>	LesMills <b>BODYPUMP</b>	<b>METAFIT*</b>	LesMills <b>BODYBALANCE</b>	LesMills <b>SHBAM VIRTUAL</b>		
9.15pm	LesMills <b>SHBAM VIRTUAL*</b>	LesMills <b>CXWORX VIRTUAL*</b>	LesMills <b>BODYCOMBAT VIRTUAL*</b>	LesMills <b>CXWORX VIRTUAL*</b>			

### GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45 am		LesMills <b>BODYBALANCE</b>			<b>YOGA HATHA</b>		
8.10am						<b>PILATES</b>	
9.10am	<b>PILATES</b>		<b>CIRCUIT (STADIUM)</b>	<b>BOXING (STADIUM)</b>	ZUMBA <b>Gold</b>	<b>BARRE</b>	
10.15am	<b>CIRCUIT (STADIUM)</b>		<b>ACTIVE MOVERS</b>		LesMills <b>CXWORX*</b>		
11.20am			<b>BARRE</b>				
12.25pm		LesMills <b>BODYVIVE</b>					
5.30pm	<b>PILATES*</b>						
6.15pm	<b>YOGA BLEND</b>		<b>YOGA HATHA</b>	<b>PILATES</b>			
7.15pm		<b>PILATES</b>		<b>BARRE</b>			
8.15pm	LesMills <b>BODYBALANCE</b>		<b>YOGA NIDRA</b>				

\* Indicates 30min classes

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LES MILLS RPM VIRTUAL	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM		
7.00am	LES MILLS RPM VIRTUAL	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	LES MILLS RPM	CYCLE *	LES MILLS RPM	LES MILLS RPM	CYCLE	LES MILLS RPM VIRTUAL
10.00am		LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL			LES MILLS RPM MAX
12.30pm	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL		
2.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
4.00pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	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	CYCLE	LES MILLS RPM	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
6.30pm	LES MILLS RPM	CYCLE *		LES MILLS RPM	LES MILLS RPM VIRTUAL		
7.30pm	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL

\* Indicates 30min classes

## CLASS DESCRIPTIONS

DURATION

INTENSITY

CARDIO

STRENGTH

WELLBEING

### LES MILLS BODYATTACK



Sports-inspired cardio workout

### LES MILLS BODYPUMP



Weight-based strength workout

### LES MILLS CXWORX



Dynamic training that focuses on core strength

### LES MILLS SH'BAM



Dance-fitness party

### LES MILLS BODYBALANCE



Yoga-based class to improve well-being

### LES MILLS BODYSTEP



Energising step workout

### LES MILLS RPM



Cycling workout

### CYCLE



Freestyle cycling workout

### LES MILLS BODYCOMBAT



High-energy martial arts workout

### LES MILLS BODYVIVE



Low-impact, whole body workout

### METAFIT



Combines bodyweight exercises with HIIT training

### KETTLEBELL



Functional, compound exercises with Kettlebells

### TRX



Bodyweight training tool

### BOXING



A high intensity boxing circuit class

### YOGA



Enhance vitality and a sense of well-being

### PILATES



Works core and coordination using Pilate's movements

### BARRE



Energetic workout that fuses ballet, pilates and yoga

### ACTIVE MOVERS



Low impact cardiovascular exercise

### ZUMBA



Dance-fitness party

### ZUMBA Gold



Dance-fitness party

40 Brougham Street, Eltham VIC 3095

(03) 9439 2266 [elthamleisurecentre.com.au](http://elthamleisurecentre.com.au)

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

ELTHAM LEISURE CENTRE

