ELTHAM LEISURE CENTRE

Group Fitness Timetable AUTUMN 2018

GROUP FITNESS **STUDIO 1**

TIME MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 5.45am CIRCUIT CIRCUIT CI	SUNDAY Lesmils CXWORX VIRTUAL
7.05am CIRCUIT BODYPUMP VIRTUAL BODYPUMP CIRCUIT BODYPUMP VIRTUAL Lesmills BODYPUMP VIRTUAL Lesmills BODYPUMP VIRTUAL CXWORX VIRTUAL BODYPUMP VIRTUAL BODYPUMP VIRTUAL BODYPUMP	CXWORX VIRTUAL
7.05am CXWORX VIRTUAL BODYPUMP VIRTUAL BODYPUMP VIRTUAL SH'BAM VIRTUAL BODYCOMBAT VIRTUAL BODYPUMP	CXWORX VIRTUAL
210.20	
8.10am SOXING	BODYSTEP
9.10am BODYPUMP CXWORX* CIRCUIT TONE BODYATTACK BODYATTACK	metafit
9.40am KETTLEBELL*	
10.15am CIRCUIT LesMILLS CXWORX* BODYPUMP PILATES BODYSTEP	Lesmills BODYCOMBAT
11.20am Lesmills BODYPUMP BODYPUMP ACTIVE MOVERS TONE BODYPUMP	L BODYPUMP
12.25pm CXWORX VIRTUAL* SH'BAM VIRTUAL BODYCOMBAT VIRTUAL CXWORX VIRTUAL* ACTIVE PUMP BODYPUMP VIRTUAL	Lesmills BODYBALANCE VIRTUAL
1.30pm ACTIVE MOVERS BODYCOMBAT VIRTUAL ACTIVE PUMP LESMILLS CXWORX VIRTUAL LESMILLS SH'BAM VIRTUAL	Lesmills BODYCOMBAT VIRTUAL
3.00pm Lesmills CXWORX VIRTUAL * Lesmills BODYPUMP VIRTUAL BODYCOMBAT VIRTUAL CXWORX VIRTUAL * CXWORX VIRTUAL CXWORX VIRTUAL CXWORX VIRTUAL	* BODYPUMP VIRTUAL
4.15pm Lesmils BODYCOMBAT VIRTUAL Lesmils BODYPUMP VIRTUAL CXWORX VIRTUAL* BODYPUMP VIRTUAL Lesmils BODYPUMP	CXWORX VIRTUAL
5.30pm Lesmills CXWORX* Lesmills CXWORX* CXWORX VIRTUAL Lesmills CXWORX VIRTUAL	LESMILLS BODYCOMBAT VIRTUAL
6.15pm Lesmills BODYPUMP BODYATTACK BODYATTACK BODYPUMP Lesmills BODYCOMBAT VIRTUAL	
7.15pm Lesmills BODYSTEP POLYSTEP BODYSTEP LESMILLS BODYPUMP VIRTUAL CXWORX VIRTUAL	L* SH'BAM VIRTUAL*
8.15pm BOXING LESMILLS CXWORX VIRTUAL* LESMILLS CXWORX VIRTUAL* LESMILLS BODYBALANCE VIRTUAL	
9.15pm Lesmills CXWORX VIRTUAL* Lesmills BODYCOMBAT VIRTUAL* BODYPUMP 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	2VMBA	BARRE	LESMILLS BODYBALANCE
10.15am	ACTIVE MOVERS	PILATES	ACTIVE MOVERS		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			

CYCL F **STUDIO**

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





Freestyle cycling workout













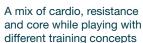
Combines bodyweight

exercises with HIIT training



Functional, compound

High-energy martial arts workout





exercises with Kettlebells

KETTLEBELL 🛈 💪 🚥



















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

YOGA HATHA 🍎 🖓 📼

yoga postures







breath control



Smooth transition of poses

is the practice of physical



emphasises detail, precision and alignment in posture and

where movement is synchronized to a breath

YOGA VINYASA 🌢 🖓 📼

powerful meditation technique

YOGA NIDRA ὑ 🖓 📼



Energetic workout that fuses

ballet, pilates and yoga







cardiovascular exercise













Low impact

Dance-fitness party

Dance-fitness party