

Group Fitness Timetable


SPRING 2018

ELTHAM LEISURE
CENTRE

GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	POWER HIIT	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP	POWER HIIT	LES MILLS BODYPUMP VIRTUAL		
7.05am	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP	LES MILLS CXWORX VIRTUAL
8.10am						BOXING	LES MILLS BODYSTEP
9.10am	LES MILLS BODYPUMP	LES MILLS CXWORX*	LES MILLS BODYPUMP	tone	LES MILLS BODYATTACK	LES MILLS BODYATTACK	metafit HIIT TRAINING
9.40am		KETTLEBELL*					
10.15am	BOXING	LES MILLS BODYCOMBAT	ACTIVE MOVERS	LES MILLS BODYPUMP	PILATES	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT
11.20am	LES MILLS CXWORX VIRTUAL	LES MILLS BODYPUMP	LES MILLS BODYSTEP	ACTIVE MOVERS	tone	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP
12.25pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS CXWORX VIRTUAL*	ACTIVE PUMP	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL
1.30pm	ACTIVE MOVERS	LES MILLS BODYBALANCE VIRTUAL	ACTIVE PUMP	LES MILLS BODYBALANCE VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
3.00pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL*	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS CXWORX VIRTUAL*	LES MILLS BODYPUMP VIRTUAL
4.15pm	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL*	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYPUMP	LES MILLS CXWORX VIRTUAL
5.30pm	LES MILLS BODYPUMP 45	LES MILLS BODYSTEP 45	BOXING 45	tone	LES MILLS CXWORX VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
6.15pm	POWER HIIT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT VIRTUAL		
7.15pm	LES MILLS BODYSTEP		LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL*	LES MILLS BODYPUMP VIRTUAL*
8.15pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	metafit HIIT TRAINING*	LES MILLS CXWORX VIRTUAL*	LES MILLS BODYBALANCE VIRTUAL		
9.15pm	LES MILLS SH'BAM VIRTUAL*	LES MILLS CXWORX VIRTUAL*	LES MILLS BODYCOMBAT VIRTUAL*	LES MILLS BODYPUMP VIRTUAL*			

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		LES MILLS BODYBALANCE			YOGA HATHA		
8.10am						PILATES	
9.10am	PILATES		YOGA HATHA	BARRE		BARRE	LES MILLS BODYBALANCE
10.15am	ACTIVE MOVERS	PILATES	LES MILLS CXWORX*		LES MILLS CXWORX*		YOGA VINYASA
11.20am	LES MILLS BODYBALANCE		BARRE	YOGA HATHA		LES MILLS BODYBALANCE	
12.25pm		LES MILLS BODYBALANCE					
4.00pm		HIGH SCHOOL CIRCUIT		HIGH SCHOOL WELLNESS			
5.00pm							YOGA IYENGAR
5.30pm	PILATES 45		LES MILLS CXWORX*		YOGA HATHA		
6.15pm	YOGA HATHA		PILATES	PILATES			
7.15pm		YOGA HATHA		BARRE			
8.15pm	LES MILLS BODYBALANCE		YOGA NIDRA	LES MILLS BODYBALANCE			

** participants will not be able to enter classes after the scheduled start time

* Indicates 30min classes

ELTHAM LEISURE
CENTRE

40 Brougham Street, Eltham VIC 3095

 (03) 9439 2266  elthamleisurecentre.com.au

OPENING HOURS

Weekdays 5.30am – 10pm
Weekends 7am – 8pm

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	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	POWER CYCLE	LES MILLS RPM MAX
10.15am		LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL			LES MILLS RPM VIRTUAL
12.30pm	LES MILLS RPM VIRTUAL		LES MILLS RPM VIRTUAL		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	LES MILLS RPM VIRTUAL
6.30pm	LES MILLS RPM	LES MILLS RPM VIRTUAL		LES MILLS RPM	LES MILLS RPM VIRTUAL		
7.30pm		LES MILLS RPM VIRTUAL	LES MILLS RPM	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL

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AQUA AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am		AQUA	AQUA		AQUA ZUMBA	AQUA	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.15am	AQUA			AQUA			
1.00pm	ACTIVE AQUA			ACTIVE AQUA			
6.00pm	AQUA	AQUA					
7.00pm			AQUA	AQUA			

KEY DURATION INTENSITY CARDIO STRENGTH WELLBEING

AQUA

Use the 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

LES MILLS BODYATTACK

Sports-inspired cardio workout

LES MILLS BODYBALANCE

Yoga based wellness class

LES MILLS BODYCOMBAT

High-energy martial arts workout

LES MILLS BODYPUMP

Weight-based strength workout

LES MILLS BODYSTEP

Energising step workout

LES MILLS CXWORX

Dynamic Core Training

LES MILLS RPM

Cycling workout

LES MILLS SH'BAM

Dance-fitness party

tone

Cardio, core and resistance class

metafit

Bodyweight HIIT training

ACTIVE MOVERS

Low impact cardio class

BOXING

High intensity boxing circuit

POWER HIIT

Conditioning, endurance, resistance with high intensity

CYCLE

Freestyle cycling workout

POWER CYCLE

Structured, technique focus class

KETTLEBELL

Functional compound exercise class with kettlebell

BARRE

Ballet, Pilates and Yoga fusion

PILATES

Core and conditioning class

YOGA HATHA

The practice of yoga postures

YOGA IYENGAR

Emphasises precision and alignment in poses

YOGA NIDRA

Powerful meditation technique

YOGA VINYASA

Smooth transition of yoga poses

HIGH SCHOOL CLASSES

A mix of strength and wellness training for those aged 12-18

ZUMBA FITNESS

Dance-fitness party

ZUMBA gold

Dance-fitness party