

Holiday Timetable Week 1: December 21<sup>st</sup> to 27<sup>th</sup> 2020

For class instructors and the most up-to-date version of the timetable, please view the live timetable on your Nillumbik MOVES app.

GROUP FITNESS STUDIO							
TIME	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12	SATURDAY 26/12	SUNDAY 27/12
6.00am	<b>METAFIT &amp; CORE 45</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYPUMP</b>	<b>METAFIT</b>			
7.05am	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS BODYBALANCE VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>			
8.10am	<b>LES MILLS CXWORX VIRTUAL</b>					<b>LES MILLS BODYCOMBAT</b>	<b>ZUMBA FITNESS</b>
9.10am	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS CXWORX*</b>	<b>LES MILLS BODYPUMP</b>	<b>tone</b>		<b>CARDIO HIIT</b>	<b>LES MILLS BODYPUMP</b>
9.40am		<b>KETTLEBELL*</b>					
10.15am	<b>tone</b>	<b>LES MILLS BODYCOMBAT</b>	<b>ACTIVE MOVERS</b>	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYCOMBAT</b>
11.20am	<b>LES MILLS CXWORX VIRTUAL</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>		<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYPUMP VIRTUAL</b>
12.25pm	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS CXWORX VIRTUAL</b>	<b>LES MILLS CXWORX VIRTUAL</b>		<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS BODYBALANCE VIRTUAL</b>
1.30pm	<b>ACTIVE MOVERS</b>	<b>LES MILLS BODYBALANCE VIRTUAL</b>	<b>ACTIVE MOVERS</b>	<b>LES MILLS BODYBALANCE VIRTUAL</b>		<b>LES MILLS BODYBALANCE VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>
3.00pm	<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS CXWORX VIRTUAL*</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYPUMP VIRTUAL</b>		<b>LES MILLS CXWORX VIRTUAL*</b>	<b>LES MILLS BODYPUMP VIRTUAL</b>
4.15pm	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYBALANCE VIRTUAL</b>	<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS CXWORX VIRTUAL*</b>		<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS CXWORX VIRTUAL</b>
5.30pm	<b>LES MILLS BODYPUMP 45</b>	<b>LES MILLS BODYSTEP 45</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS BODYBALANCE VIRTUAL</b>		<b>LES MILLS BODYBALANCE VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>
6.15pm	<b>STRONG FITNESS</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYATTACK</b>				
7.15pm	<b>LES MILLS BODYSTEP</b>	<b>ZUMBA FITNESS</b>	<b>LES MILLS BODYPUMP</b>			<b>LES MILLS CXWORX VIRTUAL</b>	<b>LES MILLS BODYPUMP* VIRTUAL</b>
8.20pm	<b>LES MILLS BODYPUMP VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL</b>	<b>LES MILLS SH'BAM VIRTUAL</b>				
9.20pm	<b>LES MILLS SH'BAM VIRTUAL*</b>	<b>LES MILLS CXWORX* VIRTUAL</b>	<b>LES MILLS BODYCOMBAT VIRTUAL*</b>				

GROUP FITNESS STUDIO 2							
TIME	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12	SATURDAY 26/12	SUNDAY 27/12
8.10am						<b>PILATES</b>	<b>YOGA</b>
9.10am	<b>PILATES</b>		<b>YOGA</b>	<b>BARRE</b>		<b>BARRE</b>	<b>LES MILLS BODYBALANCE</b>
10.15am	<b>ACTIVE MOVERS</b>	<b>YOGALATES</b>	<b>LES MILLS BODYBALANCE</b>	<b>ACTIVE MOVERS LIGHT</b>		<b>LES MILLS BODYBALANCE</b>	
11.20am	<b>LES MILLS BODYBALANCE</b>		<b>BARRE</b>	<b>YOGA HATHA</b>			
5.30pm	<b>PILATES 45</b>		<b>LES MILLS CXWORX</b>				
6.15pm	<b>YOGA BLEND</b>	<b>LES MILLS BODYBALANCE</b>	<b>PILATES</b>				
7.15pm	<b>LES MILLS CXWORX</b>	<b>YOGA HATHA</b>					

Holiday Timetable Week 1: December 21<sup>st</sup> to 27<sup>th</sup> 2020

**CYCLE STUDIO**

TIME	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12	SATURDAY 26/12	SUNDAY 27/12
5.45am	LES MILLS RPM VIRTUAL	LES MILLS RPM		LES MILLS RPM VIRTUAL			
7.00am	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL			
8.10am						LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL
9.10am	LES MILLS RPM	LES MILLS RPM	CYCLE *	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM
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
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
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
5.30pm	LES MILLS RPM	POWER CYCLE	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					
7.30pm		LES MILLS RPM VIRTUAL					

\* Indicates 30min

**AQUA PROGRAMS**

TIME	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 25/12	SATURDAY 26/12	SUNDAY 27/12
8.15am		AQUA					
9.15am	AQUA		AQUA	AQUA			
6.00pm			AQUA				
7.00pm	AQUA						

**REFORMER PILATES STUDIO**

TIME	MONDAY 21/12	TUESDAY 22/12	WEDNESDAY 23/12	THURSDAY 24/12	FRIDAY 2 5/12	SATURDAY 26/12	SUNDAY 27/12
8:15am							
9.15am	REFORMER PRINCIPLES	REFORMER		REFORMER		REFORMER	
10.15am	REFORMER	REFORMER		REFORMER		REFORMER PRINCIPLES	REFORMER
12:30pm			REFORMER				
4.30pm	REFORMER						
5.30pm			REFORMER				
6.30pm	REFORMER PRINCIPLES						

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