







Holiday Timetable Week 3: January 4th to 10th 2021

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 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
6.00am	METAFIT & CORE 45	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL		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	LES MILLS CXWORX VIRTUAL						
9.10am	LES MILLS BODYPUMP	CORE 30*	LES MILLS BODYPUMP	tone	LES MILLS BODYATTACK	LES MILLS BODYATTACK	LES MILLS BODYPUMP
9.40am		KETTLEBELL*					
10.15am	tone	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 BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS SH'BAM VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP VIRTUAL
12.25pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS BODYPUMP	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYBALANCE VIRTUAL
1.30pm		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE 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 *CXWORX 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 BODYPUMP45	LES MILLS BODYSTEP45	LES MILLS BODYCOMBAT VIRTUAL	tone	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
6.15pm		LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP 45	LES MILLS BODYPUMP VIRTUAL		
7.15pm	LES MILLS BODYSTEP		LES MILLS BODYPUMP	LES MILLS BODYSTEP 45	LES MILLS CXWORX VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS *BODYPUMP VIRTUAL
8.20pm	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS SH'BAM VIRTUAL				
9.20pm	LES MILLS SH'BAM VIRTUAL*	LES MILLS CXWORX VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL*	LES MILLS BODYPUMP VIRTUAL			

GROUP FITNESS STUDIO 2							
TIME	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
8.10am						PILATES	YOGA
9.10am	PILATES		YOGA	BARRE	LES MILLS BODYBALANCE	BARRE	LES MILLS BODYBALANCE
10.15am	ACTIVE MOVERS	YOGALATES	LES MILLS BODYBALANCE	ACTIVE MOVERS LIGHT	LES MILLS CXWORX	LES MILLS CXWORX	
11.20am			BARRE	YOGA HATHA	BARRE		
5.00pm							YOGA
5.30pm	PILATES 45		LES MILLS CXWORX		YOGA		
6.15pm	YOGA BLEND	LES MILLS BODYBALANCE	PILATES	PILATES			
7.15pm		YOGA HATHA		BARRE			
8.15pm				LES MILLS BODYBALANCE			

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CYCLE STUDIO							
TIME	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
5.45am	LES MILLS RPM VIRTUAL	LES MILLS RPM		LES MILLS RPM VIRTUAL	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 VIRTUAL	
9.10am	LES MILLS RPM	LES MILLS RPM *	CYCLE*	LES MILLS RPM	LES MILLS RPM	POWER CYCLE	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	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 VIRTUAL	POWER CYCLE	LES MILLS RPM VIRTUAL	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 VIRTUAL	LES MILLS RPM VIRTUAL	LES MILLS RPM VIRTUAL		

* Indicates 30min

AQUA PROGRAMS							
TIME	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
8.15am		AQUA			AQUA		
9.15am	AQUA		AQUA	AQUA	AQUA		
1.00pm	ACTIVE AQUA						
6.00pm			AQUA				
7.00pm	AQUA			AQUA			

REFORMER PILATES STUDIO							
TIME	MONDAY 4/1	TUESDAY 5/1	WEDNESDAY 6/1	THURSDAY 7/1	FRIDAY 8/1	SATURDAY 9/1	SUNDAY 10/1
8:15am						REFORMER PRINCIPLES	
9.15am	REFORMER PRINCIPLES	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.15am	REFORMER	REFORMER		REFORMER			REFORMER
12:30pm							
4.30pm	REFORMER			REFORMER			
5.30pm			REFORMER				
6.30pm	REFORMER PRINCIPLES	REFORMER		REFORMER			

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