







Group Fitness Timetable Effective January 11th to 31st 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE 45	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP 45	METAFIT	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					LES MILLS BODYCOMBAT VIRTUAL	
9.10am	LES MILLS BODYPUMP	LES MILLS CXWORX*	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	ACTIVE MOVERS	LES MILLS BODYBALANCE VIRTUAL	ACTIVE MOVERS	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 BODYPUMP45	LES MILLS BODYSTEP45	LES MILLS BODYCOMBAT VIRTUAL	tone	LES MILLS CXWORX VIRTUAL	LES MILLS BODYBALANCE VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL
6.15pm		LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP 45	LES MILLS BODYCOMBAT VIRTUAL		
7.15pm	LES MILLS BODYSTEP		LES MILLS BODYPUMP	LES MILLS BODYSTEP 45	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS *BODYPUMP VIRTUAL
8.20m	LES MILLS BODYPUMP VIRTUAL	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS SH'BAM VIRTUAL		LES MILLS BODYBALANCE 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am					LES MILLS BODYBALANCE		
8.10am			YOGA			PILATES	YOGA
9.10am	PILATES	ACTIVE MOVERS LIGHT	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	LES MILLS BODYBALANCE	TAI CHI	BARRE	YOGA HATHA	BARRE	LES MILLS BODYBALANCE	
12.25pm		LES MILLS BODYBALANCE					
5.00pm							YOGA IYENGAR
5.30pm	PILATES 45		LES MILLS CXWORX		YOGA HATHA		
6.15pm	YOGA BLEND	LES MILLS BODYBALANCE	PILATES	PILATES			
7.15pm	LES MILLS CXWORX	YOGA HATHA		BARRE			
8:15pm	LES MILLS BODYBALANCE			LES MILLS BODYBALANCE			

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

* Indicates 30min

AQUA PROGRAMS							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am		AQUA	AQUA		AQUA	AQUA	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA		
10.15am			ACTIVE AQUA				
1.00pm	ACTIVE AQUA	ACTIVE AQUA		ACTIVE AQUA			
6.00pm	AQUA		AQUA				
7.00pm	AQUA			AQUA			
8.00pm			SWIM SQUAD (25M)				

REFORMER PILATES STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am						REFORMER PRINCIPLES	
9.15am	REFORMER PRINCIPLES	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
10.15am	REFORMER	REFORMER		REFORMER			REFORMER
11.15am		REFORMER					
12:30pm			REFORMER				
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.