



Christmas **Group Fitness Timetable**

18 December – 7 January

40 Brougham Street, Eltham VIC 3095

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Hours: Closed Christmas Day

5.30am – 10pm weekdays • 7am – 8pm weekends

8am – 8pm Public Holidays • 12pm – 8pm New Years Day

Christmas Timetable

WEEK 1 • 18 December – 24 December 2017

GROUP FITNESS STUDIO 1

TIME	MONDAY 18/12/2017	TUESDAY 19/12/2017	WEDNESDAY 20/12/2017	THURSDAY 21/12/2017	FRIDAY 22/12/2017	SATURDAY 23/12/2017	SUNDAY CHRISTMAS EVE
5.45am	LesMills BODYPUMP VIRTUAL	LesMills BODYCOMBAT VIRTUAL	LesMills BODYPUMP	CIRCUIT	LesMills CXWORX VIRTUAL*		
7.05am	LesMills BODYCOMBAT VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP	LesMills BODYPUMP VIRTUAL
8.10am			ZUMBA Gold			BOXING	LesMills BODYSTEP
9.10am	LesMills BODYPUMP	LesMills CXWORX*	YOGA HATHA	LesMills BODYVIVE	LesMills BODYATTACK	LesMills BODYATTACK	LesMills BODYBALANCE
9.40am		KETTLEBELL*					
10.15am	ACTIVE MOVERS	PILATES	KETTLEBELL*	LesMills BODYPUMP	PILATES	LesMills BODYSTEP	LesMills BODYCOMBAT VIRTUAL
10.45am			LesMills CXWORX*				
11.20am	LesMills BODYBALANCE	LesMills BODYPUMP	LesMills BODYPUMP	YOGA HATHA		LesMills BODYBALANCE	LesMills BODYPUMP
12.25pm	LesMills SHBAM VIRTUAL	LesMills BODYBALANCE	LesMills BODYCOMBAT VIRTUAL	ACTIVE MOVERS	LesMills BODYPUMP VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYBALANCE VIRTUAL
1.30pm	ACTIVE MOVERS	LesMills BODYCOMBAT VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYCOMBAT VIRTUAL
3.00pm	LesMills BODYPUMP VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL
4.15pm	LesMills BODYCOMBAT VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP	
5.00pm							YOGA IYENGAR
5.30pm	LesMills CXWORX*	LesMills BODYSTEP*	LesMills CXWORX*	KETTLEBELL*	YOGA HATHA		
6.15pm	LesMills BODYPUMP	LesMills BODYATTACK	LesMills BODYATTACK	LesMills BODYPUMP		LesMills BODYCOMBAT VIRTUAL	LesMills BODYCOMBAT VIRTUAL
7.15pm	LesMills BODYSTEP	ZUMBA Gold	LesMills BODYPUMP	LesMills BODYSTEP	LesMills BODYCOMBAT VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL
8.15pm	LesMills BODYCOMBAT	LesMills BODYPUMP	METAFIT*	LesMills BODYBALANCE	LesMills SHBAM VIRTUAL		
9.15pm	LesMills SHBAM VIRTUAL*	LesMills CXWORX VIRTUAL*	LesMills BODYCOMBAT VIRTUAL*	LesMills CXWORX VIRTUAL			

* Indicates 30min classes

GROUP FITNESS STUDIO 2

TIME	MONDAY 18/12/2017	TUESDAY 19/12/2017	WEDNESDAY 20/12/2017	THURSDAY 21/12/2017	FRIDAY 22/12/2017	SATURDAY 23/12/2017	SUNDAY CHRISTMAS EVE
5.45 am		LesMills BODYBALANCE			YOGA HATHA		
8.10am						PILATES	
9.10am	PILATES		CIRCUIT (STADIUM)	BOXING (STADIUM)	ZUMBA Gold	BARRE	
10.15am	CIRCUIT (STADIUM)		ACTIVE MOVERS		LesMills CXWORX*		
11.20am			BARRE				
5.30pm	PILATES*						
6.15pm	YOGA BLEND		YOGA HATHA	PILATES			
7.15pm		PILATES		BARRE			

CYCLE STUDIO

TIME	MONDAY 18/12/2017	TUESDAY 19/12/2017	WEDNESDAY 20/12/2017	THURSDAY 21/12/2017	FRIDAY 22/12/2017	SATURDAY 23/12/2017	SUNDAY CHRISTMAS EVE
5.45am	LesMills RPM VIRTUAL	LesMills RPM		LesMills RPM	LesMills RPM		
7.00am	LesMills RPM VIRTUAL	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	CYCLE	LesMills RPM VIRTUAL
10.00am		LesMills RPM VIRTUAL		LesMills RPM VIRTUAL			LesMills RPM MAX
12.30pm	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
4.00am	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	CYCLE	LesMills RPM	LesMills RPM VIRTUAL		LesMills RPM VIRTUAL	LesMills RPM VIRTUAL
6.30pm	LesMills RPM	CYCLE		LesMills RPM	LesMills RPM VIRTUAL		
7.30pm	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL

* Indicates 30min classes

Christmas Timetable

WEEK 2 • 25 December – 31 December 2017

GROUP FITNESS STUDIO 1

TIME	MONDAY CHRISTMAS CLOSED	TUESDAY BOXING DAY	WEDNESDAY 27/12/2017	THURSDAY 28/12/2017	FRIDAY 29/12/2017	SATURDAY 30/12/2017	SUNDAY 31/12/2017
5.45am			LesMills BODYPUMP VIRTUAL	CIRCUIT	LesMills CXWORX VIRTUAL*		
7.05am			LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP	LesMills BODYPUMP VIRTUAL
8.10am			ZUMBA Gold			BOXING	LesMills BODYSTEP
9.10am		LesMills CXWORX*	YOGA HATHA	LesMills BODYVIVE	LesMills BODYATTACK	LesMills BODYATTACK	LesMills BODYBALANCE
9.40am		KETTLEBELL*					
10.15am		PILATES	KETTLEBELL*	LesMills BODYPUMP	PILATES	LesMills BODYSTEP	LesMills BODYCOMBAT VIRTUAL
10.45am			LesMills CXWORX*				
11.20am	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL			LesMills BODYBALANCE VIRTUAL	LesMills BODYPUMP
12.25pm	LesMills BODYBALANCE VIRTUAL	LesMills BODYCOMBAT VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYBALANCE VIRTUAL	
1.30pm	LesMills BODYCOMBAT VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYCOMBAT VIRTUAL	
3.00pm	LesMills CXWORX VIRTUAL*	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL	
4.15pm	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP		
5.00pm							YOGA IYENGAR
5.30pm	LesMills BODYCOMBAT VIRTUAL	LesMills CXWORX*	KETTLEBELL*	YOGA HATHA			
6.15pm	LesMills BODYATTACK	LesMills BODYATTACK	LesMills BODYPUMP			LesMills BODYCOMBAT VIRTUAL	LesMills BODYCOMBAT VIRTUAL
7.15pm		LesMills BODYPUMP	LesMills BODYSTEP	LesMills BODYCOMBAT VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	
8.15pm		METAFIT*	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL			
9.15pm		LesMills BODYCOMBAT VIRTUAL*	LesMills CXWORX VIRTUAL*				

* Indicates 30min classes

GROUP FITNESS STUDIO 2

TIME	MONDAY CHRISTMAS CLOSED	TUESDAY BOXING DAY	WEDNESDAY 27/12/2017	THURSDAY 28/12/2017	FRIDAY 29/12/2017	SATURDAY 30/12/2017	SUNDAY 31/12/2017
5.45 am							
8.10am						PILATES	
9.10am			CIRCUIT (STADIUM)	BOXING (STADIUM)	ZUMBA Gold	BARRE	
10.15am					LesMills CXWORX*		
11.20am							
5.30pm							
6.15pm		PILATES	YOGA HATHA	PILATES			
7.15pm				BARRE			

CYCLE STUDIO

TIME	MONDAY CHRISTMAS CLOSED	TUESDAY BOXING DAY	WEDNESDAY 27/12/2017	THURSDAY 28/12/2017	FRIDAY 29/12/2017	SATURDAY 30/12/2017	SUNDAY 31/12/2017
5.45am				LesMills RPM VIRTUAL	LesMills RPM		
7.00am			LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL
8.10am						LesMills RPM VIRTUAL	
9.10am		LesMills RPM	CYCLE *	LesMills RPM	LesMills RPM	CYCLE	LesMills RPM VIRTUAL
10.00am		LesMills RPM VIRTUAL		LesMills RPM VIRTUAL			LesMills RPM MAX
12.30pm			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
4.00pm		LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL
5.30pm		CYCLE	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL		LesMills RPM VIRTUAL	LesMills RPM VIRTUAL
6.30pm		LesMills RPM VIRTUAL		LesMills RPM	LesMills RPM VIRTUAL		
7.30pm			LesMills RPM	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL

* Indicates 30min classes

Christmas Timetable

WEEK 3 • 1 January – 7 January 2018

GROUP FITNESS STUDIO 1

TIME	MONDAY NEW YEARS	TUESDAY 2/1/2018	WEDNESDAY 3/1/2018	THURSDAY 4/1/2018	FRIDAY 5/1/2018	SATURDAY 6/1/2018	SUNDAY 7/1/2018
5.45am		LesMills BODYCOMBAT VIRTUAL	LesMills BODYPUMP	CIRCUIT	LesMills CXWORX VIRTUAL*		
7.05am		LesMills CXWORX VIRTUAL*	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP	LesMills BODYPUMP VIRTUAL
8.10am			ZUMBA Gold			BOXING	LesMills BODYSTEP
9.10am		LesMills CXWORX*	YOGA HATHA	LesMills BODYVIVE	LesMills BODYATTACK	LesMills BODYATTACK	LesMills BODYBALANCE
9.40am		KETTLEBELL*					
10.15am		PILATES	KETTLEBELL*	LesMills BODYPUMP	PILATES	LesMills BODYSTEP	LesMills BODYCOMBAT VIRTUAL
10.45am			LesMills CXWORX*				
11.20am		LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL		LesMills BODYBALANCE VIRTUAL	LesMills BODYPUMP
12.25pm	LesMills BODYBALANCE VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills BODYCOMBAT VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYBALANCE VIRTUAL
1.30pm	LesMills SHBAM VIRTUAL	LesMills BODYCOMBAT VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYCOMBAT VIRTUAL
3.00pm	LesMills BODYPUMP VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL
4.15pm	LesMills BODYCOMBAT VIRTUAL	LesMills SHBAM VIRTUAL	LesMills BODYPUMP VIRTUAL	LesMills CXWORX VIRTUAL*	LesMills BODYPUMP VIRTUAL	LesMills BODYPUMP	
5.00pm							YOGA IYENGAR
5.30pm	LesMills CXWORX VIRTUAL*	LesMills BODYCOMBAT VIRTUAL*	LesMills CXWORX*	KETTLEBELL*	YOGA HATHA		
6.15pm	LesMills BODYPUMP VIRTUAL	LesMills BODYATTACK	LesMills BODYATTACK	LesMills BODYPUMP		LesMills BODYCOMBAT VIRTUAL	LesMills BODYCOMBAT VIRTUAL
7.15pm	LesMills BODYCOMBAT VIRTUAL	ZUMBA	LesMills BODYPUMP	LesMills BODYSTEP	LesMills BODYCOMBAT VIRTUAL	LesMills BODYBALANCE VIRTUAL	LesMills SHBAM VIRTUAL
8.15pm		LesMills BODYPUMP VIRTUAL	METAFIT*	LesMills BODYBALANCE	LesMills SHBAM VIRTUAL		
9.15pm		LesMills CXWORX VIRTUAL*	LesMills BODYCOMBAT VIRTUAL*	LesMills CXWORX VIRTUAL*			

* Indicates 30min classes

GROUP FITNESS STUDIO 2

TIME	MONDAY NEW YEARS	TUESDAY 2/1/2018	WEDNESDAY 3/1/2018	THURSDAY 4/1/2018	FRIDAY 5/1/2018	SATURDAY 6/1/2018	SUNDAY 7/1/2018
5.45 am					YOGA HATHA		
8.10am						PILATES	
9.10am			CIRCUIT (STADIUM)	BOXING (STADIUM)	ZUMBA Gold	BARRE	
10.15am					LesMills CXWORX*		
5.30pm							
6.15pm			YOGA HATHA	PILATES			
7.15pm		PILATES		BARRE			

CYCLE STUDIO

TIME	MONDAY NEW YEARS	TUESDAY 2/1/2018	WEDNESDAY 3/1/2018	THURSDAY 4/1/2018	FRIDAY 5/1/2018	SATURDAY 6/1/2018	SUNDAY 7/1/2018
5.45am		LesMills RPM VIRTUAL		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	CYCLE*	LesMills RPM	LesMills RPM	CYCLE	LesMills RPM VIRTUAL
10.00am		LesMills RPM VIRTUAL		LesMills RPM VIRTUAL			LesMills RPM MAX
12.30pm	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 VIRTUAL	CYCLE	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL		LesMills RPM VIRTUAL	LesMills RPM VIRTUAL
6.30pm	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL		LesMills RPM VIRTUAL	LesMills RPM VIRTUAL		
7.30pm	LesMills RPM VIRTUAL*	LesMills RPM VIRTUAL	LesMills RPM	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL	LesMills RPM VIRTUAL*	LesMills RPM VIRTUAL*

* Indicates 30min classes



*Merry
Christmas*

From Eltham Leisure Centre