



GROUP FITNESS TIMETABLE

SEPT 2019

PRICING

Casual	\$16.00
Casual Concession	\$12.80
Virtual Class	\$8.00
Reformer Pilates Casual	\$22.00
Reformer Pilates Member	\$12.00

















































ELTHAM LEISURE CENTRE

OPENING HOURS

Monday to Friday
Saturday and Sunday
Public Holidays*

5.30am – 10pm
7am – 8pm
8am – 8pm

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	POWER HIIT	 LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	POWER HIIT	 LESMILLS BODYPUMP		
7.05am	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP	LESMILLS BODYBALANCE	 LESMILLS BODYCOMBAT	 LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	 LESMILLS CXWORX
8.10am	 LESMILLS CXWORX		 ZUMBA gold		 ZUMBA gold	POWER HIIT	 ZUMBA FITNESS
9.10am	LESMILLS BODYPUMP	LESMILLS CXWORX	LESMILLS BODYPUMP	tone	LESMILLS BODYATTACK	LESMILLS BODYATTACK	metafit HIT TRAINING
9.40am		KETTLEBELL					
10.15am	tone	LESMILLS BODYCOMBAT	ACTIVE MOVERS	LESMILLS BODYPUMP	PILATES	LESMILLS BODYSTEP	LESMILLS BODYCOMBAT
11.20am	 LESMILLS CXWORX	LESMILLS BODYPUMP		ACTIVE MOVERS	 LESMILLS SH'BAM	 LESMILLS BODYCOMBAT	LESMILLS BODYPUMP
12.25pm	 LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT	 LESMILLS CXWORX	 LESMILLS CXWORX	LESMILLS BODYPUMP	 LESMILLS BODYPUMP	LESMILLS BODYBALANCE
1.30pm	ACTIVE MOVERS	 LESMILLS BODYBALANCE	ACTIVE MOVERS	 LESMILLS BODYBALANCE	 LESMILLS CXWORX	 LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT
3.00pm	 LESMILLS BODYPUMP	 LESMILLS CXWORX	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	 LESMILLS CXWORX	LESMILLS BODYPUMP
4.15pm	 LESMILLS BODYCOMBAT	 LESMILLS BODYBALANCE	 LESMILLS BODYPUMP	 LESMILLS CXWORX	 LESMILLS BODYPUMP	LESMILLS BODYPUMP	 LESMILLS CXWORX
5.30pm	LESMILLS BODYPUMP	LESMILLS BODYSTEP	POWER HIIT	tone	 LESMILLS CXWORX	 LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT
6.15pm	 GSTRONG ZUMBA	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT		
7.15pm	LESMILLS BODYSTEP	 ZUMBA FITNESS	LESMILLS BODYPUMP	LESMILLS BODYSTEP	 LESMILLS BODYPUMP	 LESMILLS CXWORX	 LESMILLS BODYPUMP
8.20pm	 LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT	metafit HIT TRAINING	 ZUMBA FITNESS	 LESMILLS BODYBALANCE		
9.20pm	 LESMILLS SH'BAM	 LESMILLS CXWORX	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP			

REFORMER PILATES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am			REFORMER pilates				
8.15am						REFORMER principles	
9.15am	REFORMER principles	REFORMER pilates	REFORMER pilates	REFORMER principles	REFORMER pilates	REFORMER pilates	REFORMER pilates
10.15am	REFORMER pilates	REFORMER principles		REFORMER pilates			REFORMER pilates
11.15am		REFORMER pilates					
12.30pm			REFORMER pilates				
4.30pm	REFORMER pilates			REFORMER pilates			
5.30pm			REFORMER pilates				
6.30pm	REFORMER principles	REFORMER pilates		REFORMER pilates			

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

WELLNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA HATHA			YOGA HATHA		
8.10am			YOGA HATHA			PILATES	PILATES
9.10am	PILATES	ACTIVE MOVERS	YOGA HATHA	BARRE	LesMILLS BODYBALANCE	BARRE	LesMILLS BODYBALANCE
10.15am	ACTIVE MOVERS	PILATES	LesMILLS CXWORX ①	ACTIVE MOVERS	LesMILLS CXWORX ①	LesMILLS CXWORX ①	YOGA VINYASA
11.20am	LesMILLS BODYBALANCE		BARRE	YOGA HATHA	BARRE	LesMILLS BODYBALANCE	
12.25pm		LesMILLS BODYBALANCE					
5.00pm							YOGA IYENGAR
5.30pm	PILATES ②		LesMILLS CXWORX ①		YOGA HATHA		
6.15pm	YOGA BLEND	LesMILLS BODYBALANCE	PILATES	PILATES			
7.15pm		YOGA HATHA		BARRE			
8.15pm	LesMILLS BODYBALANCE		YOGA NIDRA	LesMILLS BODYBALANCE			

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	🎵 LesMILLS RPM	LesMILLS RPM		LesMILLS RPM	LesMILLS RPM		
7.00am	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	
8.10am						LesMILLS RPM	
9.10am	LesMILLS RPM	LesMILLS RPM ①	CYCLE ①	LesMILLS RPM	LesMILLS RPM	POWER CYCLE	LesMILLS RPM
10.15am		🎵 LesMILLS RPM		🎵 LesMILLS RPM			🎵 LesMILLS RPM
12.30pm	🎵 LesMILLS RPM		🎵 LesMILLS RPM		🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM
2.00pm	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM
4.00pm	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM
5.30pm	LesMILLS RPM	POWER CYCLE	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM
6.30pm	LesMILLS RPM	🎵 LesMILLS RPM		LesMILLS RPM	🎵 LesMILLS RPM		
7.30pm		🎵 LesMILLS RPM	LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM	🎵 LesMILLS RPM

** participants can not enter classes after the scheduled start time



Indicates a virtual class



Indicates 30min class



Indicates 45min class

AQUA PROGRAMS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15am							
8.15am		AQUA	AQUA	AQUA		AQUA	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.15am	AQUA		ACTIVE AQUA		AQUA ZUMBA		
1.00pm	ACTIVE AQUA	ACTIVE AQUA		ACTIVE AQUA			
6.00pm	AQUA	AQUA	AQUA				
7.00pm	AQUA			AQUA			
8.00pm			SWIM SQUAD (25M)				

AQUA

Use 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

SWIM SQUAD

Learn and improve swim technique, and stay fit and healthy in the pool

LES MILLS BODYATTACK

Sports-inspired cardio workout

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

STRONG BY ZUMBA

Bodyweight HIIT training

tone

Cardio, core and resistance class

ACTIVE MOVERS

Low impact cardio class

BOXING

High intensity boxing circuit

KETTLEBELL

Functional compound class with kettlebell

metafit HIIT TRAINING

Bodyweight HIIT training

POWER HIIT

High intensity endurance and resistance

LES MILLS RPM

Cycling workout

CYCLE

Freestyle cycling workout

POWER CYCLE

Structured, technique focus class

BARRE

Ballet, Pilates and Yoga fusion

PILATES

Core and conditioning class

REFORMER pilates

Strength, postural, flexibility, balance and endurance training, this class is not suitable for first timers

REFORMER principles

Beginner class, designed to get you comfortable teaching basic movements

LES MILLS BODYBALANCE

Yoga based wellness class

YOGA HATHA

The practice of yoga postures

YOGA IYENGAR

Emphasis on precision and alignment

YOGA NIDRA

Powerful meditation technique

YOGA VINYASA

Smooth transition of yoga poses

LES MILLS SH'BAM

Dance-fitness party

ZUMBA FITNESS

Dance-fitness party

ZUMBA gold

Dance-fitness party