

#### **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 5.30am - 10pm Saturday and Sunday 7am - 8pm Public Holidays\* 8am - 8pm

## GROUP FITNESS **STUDIO**

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	POWER HIIT	O BODYCOMBAT	Lesmills BODYPUMP	POWER HIIT	O BODYPUMP		
7.05am	O BODYCOMBAT	<b>BODYPUMP</b>	<b>O</b> BODYBALANCE	O BODYCOMBAT	O BODYCOMBAT	LesMILLS BODYPUMP	O CXWORX O
8.10am	O CXWORX O		3 ZVMBA gold		SVMBA gold	POWER HIIT	SZVMBA FINESS
9.10am	BODYPUMP	CXWORX O	BODYPUMP	tone	Lesmills BODYATTACK	Lesmills BODYATTACK	metafit o
9.40am		KETTLEBELL ①					KETTLEBELL ①
10.15am	tone	LESMILLS BODYCOMBAT	ACTIVE MOVERS	LesMILLS BODYPUMP	PILATES	LesMILLS BODYSTEP	BODYCOMBAT
11.20am	O CXWORX	LESMILLS BODYPUMP		ACTIVE MOVERS	<b>O</b> SH'BAM	O BODYCOMBAT	LESMILLS BODYPUMP
12.25pm	O BODYPUMP	O BODYCOMBAT	O CXWORX	O CXWORX	LESMILLS BODYPUMP	O BODYPUMP	<b>D</b> Lesmills BODYBALANCE
1.30pm	ACTIVE MOVERS	O BODYBALANCE	ACTIVE MOVERS	O BODYBALANCE	O CXWORX O	O BODYBALANCE	O BODYCOMBAT
3.00pm	<b>O</b> BODYPUMP	O CXWORX	O BODYCOMBAT	<b>BODYPUMP</b>	O BODYCOMBAT	O CXWORX O	<b>O</b> BODYPUMP
4.15pm	O BODYCOMBAT	O BODYBALANCE	O BODYPUMP	O CXWORX O	<b>BODYPUMP</b>	Lesmills BODYPUMP	O CXWORX O
5.30pm	BODYPUMP (	BODYSTEP @	O BODYCOMBAT	tone	O CXWORX O	O BODYBALANCE	O BODYCOMBAT
6.15pm	STRONG	LesMILLS BODYPUMP	LESMILLS BODYATTACK	LesMILLS BODYPUMP	O BODYCOMBAT		
7.15pm	BODYSTEP	S ZVMBA FINESS	Lesmills BODYPUMP	LESMILLS BODYSTEP	<b>BODYPUMP</b>	O CXWORX O	O BODYPUMP
8.20pm	O BODYPUMP	O BODYCOMBAT	POWER HIIT ①	SZVMBA FINESS	O BODYBALANCE		
9.20pm	O SH'BAM O	O CXWORX	O BODYCOMBAT	O BODYPUMP			

## REFORMER PILATES

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

### WELLNESS **STUDIO**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA HATHA			LESMILLS BODYBALANCE		
8.10am			YOGA HATHA			PILATES	YOGA HATHA
9.10am	PILATES	ACTIVE MOVERS	YOGA HATHA	BARRE	Lesmills BODYBALANCE	BARRE	LESMILLS BODYBALANCE
10.15am	ACTIVE MOVERS	PILATES	LESMILLS BODYBALANCE	ACTIVE MOVERS	CXWORX O	CXWORX O	YOGA VINYASA
11.20am	Lesmills BODYBALANCE		BARRE	YOGA HATHA	BARRE	LESMILLS BODYBALANCE	
12.25pm		LESMILLS BODYBALANCE					
2.00pm		TAI CHI					
5.00pm							YOGA IYENGAR
5.30pm	PILATES 🗿		CXWORX		YOGA HATHA		
6.15pm	YOGA BLEND	LESMILLS BODYBALANCE	PILATES	PILATES			
7.15pm	CXWORX O	YOGA HATHA		BARRE			
8.15pm	Lesmills BODYBALANCE		YOGA NIDRA	Lesmills BODYBALANCE			

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	O RPM	LesMills RPM		LesMills RPM	LesMILLS RPM		
7.00am	O RPM	O RPM	O RPM	O RPM	O RPM	O RPM	
8.10am						LesMILLS <b>RPM</b>	
9.10am	LesMills RPM	RPM ①	CYCLE ①	LesMills <b>RPM</b>	LesMills <b>RPM</b>	POWER CYCLE	LesMills RPM
10.15am		O RPM		O RPM			O RPM
12.30pm	O RPM		<b>○</b> RPM		O RPM	O RPM	O RPM
2.00pm	O RPM	O RPM	<b>○</b> RPM	O RPM	O RPM	O RPM	O RPM
4.00pm	O RPM	O RPM	<b>○</b> RPM	O RPM	O RPM	O RPM	O RPM
5.30pm	LesMills RPM	POWER CYCLE	O RPM	O RPM	O RPM	O RPM	O RPM
6.30pm	LesMills RPM	O RPM		LesMills RPM	O RPM		
7.30pm		O RPM	LESMILLS RPM	O RPM	O RPM	O RPM	O RPM

### 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)				



Use water resistance to challenge vour entire body

### ACTIVE AOUA

Slow tempo water resistance workout

### AOUA ZUMBA 🖇

A fun dance water workout to challenge your entire body

### SWIM SOUAD 🧏

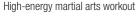
Learn and improve swim technique, and stay fit and healthy in the pool

#### LesMills BODYATTACK

Sports-inspired cardio workout











Weight-based strength workout





Energising step workout





Dynamic Core Training



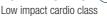
**KFY** 



Bodyweight HIIT training



### ACTIVE MOVERS







**BOXING** High intensity boxing circuit

#### KETTLEBELL





Functional compound class with kettlebell





Bodyweight HIIT training

#### **POWER HIIT**





High intensity endurance and resistance

#### LesMills RPM





Cycling workout

### CYCLE





Freestyle cycling workout

#### **POWER CYCLE**





Structured, technique focus class

LesMills BODYBALANCE

Yoga based wellness class

### **BARRE**





Ballet, Pilates and Yoga fusion

#### **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

#### TAI CHI





Gentle physical exercise and stretching

### YOGA HATHA





The practice of yoga postures

# YOGA IYENGAR

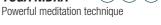




Emphasis on precision and alignment

#### YOGA NIDRA





### YOGA VINYASA





Smooth transition of voga poses

#### LesMills *SH'BAM*



Dance-fitness party



























