

# Group Fitness Timetable

## SUMMER TIMETABLE EFFECTIVE 29<sup>th</sup> JAN

ELTHAM LEISURE  
CENTRE




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LES MILLS <b>BODYPUMP</b> ★	LES MILLS <b>BODYCOMBAT VIRTUAL</b>	LES MILLS <b>BODYPUMP</b>	CIRCUIT	LES MILLS <b>CXWORX VIRTUAL</b> *		
7.05am	LES MILLS <b>BODYCOMBAT VIRTUAL</b>	LES MILLS <b>CXWORX VIRTUAL</b> *	LES MILLS <b>BODYBALANCE VIRTUAL</b>	LES MILLS <b>SH'BAM VIRTUAL</b>	LES MILLS <b>BODYPUMP VIRTUAL</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYPUMP VIRTUAL</b>
8.10am			ZUMBA <small>REAL</small> GOLD			BOXING	LES MILLS <b>BODYSTEP</b>
9.10am	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>CXWORX</b> *	YOGA HATHA	LES MILLS <b>BODYVIVE</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYBALANCE</b>
9.40am		KETTLEBELL *					
10.15am	ACTIVE MOVERS	PILATES	KETTLEBELL ★	LES MILLS <b>BODYPUMP</b>	PILATES	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYCOMBAT</b>
10.45am			LES MILLS <b>CXWORX</b> ★				
11.20am	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYPUMP</b>	YOGA HATHA	LES MILLS <b>BODYVIVE</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYPUMP</b>
12.25pm	LES MILLS <b>SH'BAM VIRTUAL</b>	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>BODYCOMBAT VIRTUAL</b>	ACTIVE MOVERS ★	ACTIVE PUMP	LES MILLS <b>SH'BAM VIRTUAL</b>	LES MILLS <b>BODYBALANCE VIRTUAL</b>
1.30pm	ACTIVE MOVERS	LES MILLS <b>BODYCOMBAT VIRTUAL</b>	ACTIVE PUMP	LES MIL <b>BODY</b>	LES MILLS <b>SH'BAM VIRTUAL</b>	LES MILLS <b>BODYPUMP VIRTUAL</b>	LES MILLS <b>BODYCOMBAT VIRTUAL</b>
3.00pm	LES MILLS <b>BODYPUMP VIRTUAL</b>	LES MILLS <b>CXWORX VIRTUAL</b> *	LES MILLS <b>SH'BAM VIRTUAL</b>	LES MILLS <b>BODYPUMP VIRTUAL</b>	LES MILLS <b>BODYBALANCE VIRTUAL</b>	LES MILLS <b>CXWORX VIRTUAL</b> *	LES MILLS <b>BODYPUMP VIRTUAL</b>
4.15pm	LES MILLS <b>BODYCOMBAT VIRTUAL</b>	LES MILLS <b>SH'BAM VIRTUAL</b>	LES MILLS <b>BODYPUMP VIRTUAL</b>	LES MILLS <b>CXWORX VIRTUAL</b> *	LES MILLS <b>BODYPUMP VIRTUAL</b>	LES MILLS <b>BODYPUMP</b>	
5.00pm							YOGA IYENGAR
5.30pm	LES MILLS <b>CXWORX</b> *	LES MILLS <b>BODYSTEP</b> *	LES MILLS <b>CXWORX</b> *	metafit <small>HIT TRAINING</small> *	YOGA HATHA		
6.15pm	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYCOMBAT VIRTUAL</b>	LES MILLS <b>BODYCOMBAT VIRTUAL</b>
7.15pm	LES MILLS <b>BODYSTEP</b>	ZUMBA <small>REAL</small>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYCOMBAT VIRTUAL</b>	LES MILLS <b>BODYBALANCE VIRTUAL</b> *	LES MILLS <b>SH'BAM VIRTUAL</b> *
8.15pm	LES MILLS <b>BODYCOMBAT</b> ★	LES MILLS <b>BODYPUMP</b>	metafit <small>HIT TRAINING</small> *	LES MILLS <b>BODYBALANCE</b>	LES MILLS <b>SH'BAM VIRTUAL</b>		
9.15pm	LES MILLS <b>SH'BAM VIRTUAL</b> *	LES MILLS <b>CXWORX VIRTUAL</b> *	LES MILLS <b>BODYCOMBAT VIRTUAL</b> *	LES MILLS <b>CXWORX VIRTUAL</b>			

## GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		LES MILLS <b>BODYBALANCE</b>			YOGA HATHA		
8.10am						PILATES	
9.10am	PILATES		CIRCUIT (STADIUM)	BOXING (STADIUM) ★	ZUMBA <small>REAL</small> GOLD	BARRE	
10.15am	CIRCUIT (STADIUM)		ACTIVE MOVERS		LES MILLS <b>CXWORX</b> *		
11.20am			BARRE		ACTIVE BARRE		
5.30pm	PILATES 45						
6.15pm	YOGA BLEND		YOGA HATHA	PILATES			
7.15pm		PILATES		BARRE			
8.15pm	LES MILLS <b>BODYBALANCE</b>		YOGA NIDRA				

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM</b>		LesMills <b>RPM</b>	LesMills <b>RPM</b>		
7.00am	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>
8.10am						LesMills <b>RPM</b>	
9.10am	LesMills <b>RPM</b>	LesMills <b>RPM</b>	CYCLE *	LesMills <b>RPM</b>	LesMills <b>RPM</b>	CYCLE	LesMills <b>RPM VIRTUAL</b>
10.00am		LesMills <b>RPM VIRTUAL</b>		LesMills <b>RPM VIRTUAL</b>			LesMills <b>RPM</b> MAX 
12.30pm	LesMills <b>RPM VIRTUAL</b>		LesMills <b>RPM VIRTUAL</b>		LesMills <b>RPM VIRTUAL</b>		
2.00pm	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>
4.00pm	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>
5.30pm	LesMills <b>RPM</b>	CYCLE*	LesMills <b>RPM</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>
6.30pm	LesMills <b>RPM</b>	LesMills <b>RPM</b>		LesMills <b>RPM</b>	LesMills <b>RPM VIRTUAL</b>		
7.30pm	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>	LesMills <b>RPM VIRTUAL</b>

## CLASS DESCRIPTIONS

 DURATION

 INTENSITY

 CARDIO

 STRENGTH

 WELLBEING

### LesMills **BODYATTACK**



Sports-inspired cardio workout

### LesMills **BODYPUMP**



Weight-based strength workout

### LesMills **CXWORX**



Dynamic training that focuses on core strength

### LesMills **SH'BAM**



Dance-fitness party

### LesMills **BODYBALANCE**



Yoga-based class to improve well-being

### LesMills **BODYSTEP**



Energising step workout

### LesMills **RPM**



Cycling workout

### CYCLE



Freestyle cycling workout

### LesMills **BODYCOMBAT**



High-energy martial arts workout

### LesMills **BODYVIVE**



Low-impact, whole body workout

### METAFIT



Combines bodyweight exercises with HIIT training

### KETTLEBELL



Functional, compound exercises with Kettlebells

### TRX



Bodyweight training tool

### BOXING



A high intensity boxing circuit class

### YOGA



Enhance vitality and a sense of well-being

### PILATES



Works core and coordination using Pilate's movements

### BARRE



Energetic workout that fuses ballet, pilates and yoga

### ACTIVE MOVERS



Low impact cardiovascular exercise

### ZUMBA



Dance-fitness party

### ZUMBA Gold



Dance-fitness party

40 Brougham Street, Eltham VIC 3095

 (03) 9439 2266  [elthamleisurecentre.com.au](http://elthamleisurecentre.com.au)

Hours: 5.30am – 10pm weekdays / 7am – 8pm weekends

ELTHAM LEISURE  
CENTRE

