



Group Fitness Timetable | JANUARY 2022

Pricing

Casual	\$16.50
Casual Concession	\$13.00
Virtual Class	\$8.00

Diamond Valley Sports & Fitness Centre
44 Civic Dr, Greensborough VIC 3088
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LEISURE
FACILITIES



















diamondvalleysfc.com.au




Group Fitness Studio 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	POWER CYCLE 	LES MILLS BODYBALANCE 		SPRINT 			
8.00am						PILATES	SPRINT 
9.00am			SPRINT 				
9.30am	CYCLE 	YOGA	metafit CORE 	CYCLE 		YOGA	LES MILLS RPM 
10.30am	PILATES	ACTIVE MOVERS	YOGA	ACTIVE MOVERS	PILATES	SPRINT 	YOGA
12.25pm	SPRINT 	LES MILLS BODYBALANCE 	PILATES 	LES MILLS RPM 	SPRINT 		
4.15pm							LES MILLS BODYBALANCE 
5.45pm	LES MILLS BODYBALANCE 		SPRINT 		LES MILLS RPM 		
6.30pm	ZUMBA 				LES MILLS BODYBALANCE 		SPRINT 
7.30pm	YOGA	PILATES	ZUMBA 	SPRINT 			

Group Fitness Studio 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 		LES MILLS BODYCOMBAT 	LES MILLS BODYPUMP 		
9.00am						LES MILLS BODYPUMP	
9.30am	STRENGTH CIRCUIT		LES MILLS BODYPUMP		BOXING		LES MILLS BODYPUMP
10.30am	KETTLEBELL 	LES MILLS BODYPUMP 	STRENGTH CIRCUIT	KETTLEBELL 	LES MILLS BODYCOMBAT 		
11.00am		LES MILLS CORE 			LES MILLS CORE 		
12.25pm	LES MILLS BODYPUMP 		LES MILLS BODYPUMP 				
6.30pm	LES MILLS BODYPUMP	metafit CORE 	LES MILLS BODYPUMP	STRENGTH CIRCUIT	LES MILLS BODYCOMBAT 		
7.30pm	LES MILLS BODYCOMBAT 		LES MILLS CORE 				

** participants can not enter classes after the scheduled start time  Indicates a virtual class  Indicates 30min class  Indicates 45min class

Functional Area

In gym functional area

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	RELENTLESS 		RELENTLESS 		RELENTLESS 		
8.00am						RELENTLESS 	
9.00am		RELENTLESS 				RELENTLESS 	
9.30am			RELENTLESS 		RELENTLESS 		
4.15pm	RELENTLESS 	TEEN RELENTLESS 		TEEN RELENTLESS 	RELENTLESS 		
6.30pm		RELENTLESS 	RELENTLESS 	RELENTLESS 			

Descriptions

ACTIVE MOVERS

Low impact cardio class



LES MILLS BODYBALANCE

Yoga based wellness class



LES MILLS BODYCOMBAT

High-energy martial arts workout



LES MILLS BODYPUMP

Weight-based strength workout



BOXING

Strength and Stamina



LES MILLS CORE

Dynamic Core Conditioning



CYCLE

Freestyle cycling workout



KETTLEBELL

Functional compound class with kettlebell



metafit

Bodyweight HIIT training



PILATES

Core and conditioning class



RELENTLESS

With a mixture of TRX, body weight, functional movements, Kettlebells and more using HIIT training methodology. The class follows a 6 week cycle of programming to allow you to learn and develop over the 6 weeks. (30mins)



LES MILLS RPM

Cycling workout



YOGA

The practice of yoga postures



ZUMBA

Dance-fitness party



KEY

 DURATION

 INTENSITY

 CARDIO

 STRENGTH

 WELLBEING

