

Group Fitness Timetable

Effective May 2021

Diamond Creek Community Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	BURN	ELITE FITNESS	LIT45	ELITE FITNESS	CYCLE		
8.30am						BURN	
9.00am		CORE EXPRESS	CORE EXPRESS	CORE EXPRESS	CORE EXPRESS		ELITE FITNESS
9.20am	tone	STEP	LES MILLS BODYPUMP	ZUMBA gold	LES MILLS BODYPUMP	LES MILLS BODYPUMP	
	CYCLE	ELITE FITNESS	LIT45	BURN	tone	CYCLE	
10.25am	YOGA	BARRE	PILATES	YOGA	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE
11.25am	ACTIVE MOVERS		YOGA			LES MILLS SH'BAM	LES MILLS BODYPUMP
12.30pm	ZUMBA gold			ACTIVE MOVERS			
4.15pm		LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS SH'BAM	LES MILLS BODYPUMP		
5.30pm	CORE	LES MILLS GRIT CARDIO	CYCLE	LES MILLS GRIT STRENGTH	LES MILLS BODYBALANCE		
6.05pm	BOXING	CYCLE	ELITE FITNESS				
6.15pm		FUNCTIONAL		ELITE FITNESS			
7.00pm	LES MILLS BODYPUMP	BURN	LIT45				
8.00pm	YOGA (8.10pm)	YOGA & MEDITATION	LES MILLS BODYBALANCE	YOGA			
Community Bank Stadium							
9.15am			ACTIVE MOVERS	ACTIVE MOVERS			
1.00pm		ACTIVE MOVERS STRENGTH					

KEY Duration Intensity Cardio Strength Wellbeing Indicates a virtual class Indicates 30min or 45min class

ACTIVE MOVERS STRENGTH

Circuit class to increase strength using weight

BARRE

Ballet, Pilates and Yoga fusion

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

BURN

Body weight and strength HIIT training

CORE EXPRESS

Dynamic Core Training

CYCLE

Freestyle cycling

ELITE FITNESS

Elite level circuit training

FLEXIBILITY

Stretch and strengthen muscles

FUNCTIONAL 30

Strength, flexibility and endurance

LES MILLS GRIT | CARDIO

HIIT training to improve cardio fitness

LES MILLS GRIT | STRENGTH

HIIT training to improve strength

LIT45

Low impact interval training

PILATES

Core and conditioning class

LES MILLS SH'BAM

Dance-fitness party

STEP

Cardio workout, using a height-adjustable step

tone

Cardio, core and resistance class

YOGA

Helps build strength, stability and flexibility

ZUMBA

Dance-fitness party

ZUMBA gold

Dance-fitness party