

Group Fitness Timetable

May 2022

Diamond Creek Community Centre

Group Fitness Studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	CYCLE 45	RELENTLESS PLUS	LIT 45	RELENTLESS PLUS	CYCLE 45		
8.30am	CYCLE 30				CYCLE 30	BURN	
9.00am	CORE EXPRESS						
9.20am	LES MILLS tone 45	STEP 45	LES MILLS BODYPUMP	ZUMBA gold	LES MILLS BODYPUMP	CYCLE 45	
10.25am	YOGA	BARRE	PILATES	YOGA	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE
11.30am						LES MILLS SHBAM 45	LES MILLS BODYPUMP 45
12.30pm						LES MILLS BODYPUMP 45	CYCLE 45
4.15pm		LES MILLS BODYBALANCE 45	LES MILLS BODYCOMBAT 45	LES MILLS SHBAM 45	LES MILLS BODYPUMP 45		
5.30pm	LES MILLS CORE 45	LES MILLS GRIT CARDIO	CYCLE 30	LES MILLS GRIT STRENGTH	LES MILLS BODYBALANCE 45		
6.05pm	BOXING	CYCLE 45	BOXING	STEP 45			
7.00pm	LES MILLS BODYPUMP 45	KETTLEBELL 45	LES MILLS BODYBALANCE 45	LES MILLS BODYPUMP 45			
8.00pm	LES MILLS BODYBALANCE 45	YIN YOGA		YOGA			

Stadium

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am		CORE EXPRESS	CORE EXPRESS	CORE EXPRESS	CORE EXPRESS		RELENTLESS PLUS
9.20am		RELENTLESS PLUS	LIT 45	BURN	LES MILLS tone 45		
10.25am					RELENTLESS PLUS		

Community Bank Stadium

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15am			ACTIVE MOVERS	ACTIVE MOVERS			
1.00pm		ACTIVE MOVERS STRENGTH					

🕒 Indicates a virtual class 🕒 Indicates 30min class 🕒 Indicates 45min class

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Nillumbik
 diamondcreekcc.com.au    



ACTIVE MOVERS STRENGTH

Circuit class to increase strength using weight.



ACTIVE MOVERS

Low Impact cardio & strength class.



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.



LES MILLS CORE

Dynamic Core Conditioning.



CYCLE

Freestyle cycling



RELENTLESS PLUS

With a mixture of bodyweight, functional movements, kettlebell, battle ropes and more, using HIIT training methodology.



KETTLEBELL

Functional compound class with kettlebell.



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.



STEP45

Cardio workout, using a height-adjustable step.



tone

Cardio, core and resistance class.



YOGA

Helps build strength, stability and flexibility.



YIN YOGA

Long, deep holding of passive poses.



ZUMBA gold

Dance-fitness party.



KEY Duration Intensity Cardio Strength Wellbeing

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