



Group Fitness Timetable

SPRING 2023

Pricing

Casual	\$19.00
Casual Concession	\$15.00
Virtual Class	\$8.50
Reformer Pilates Casual	\$23.80
Reformer Pilates Member	\$13.40



LEISURE
FACILITIES



Eltham Leisure Centre

Group Fitness Studio • Eltham Leisure Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	METAFIT & CORE	LESMILLS BODYATTACK	LESMILLS BODYPUMP	metafit HIT TRAINING	LESMILLS BODYPUMP		
7.05am	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS CORE	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYATTACK
8.10am	LESMILLS CORE		ZUMBA gold		ZUMBA gold	BOXING	ZUMBA FITNESS
9.10am	LESMILLS BODYPUMP	metafit HIT TRAINING	LESMILLS BODYPUMP	tone	LESMILLS BODYATTACK	LESMILLS BODYATTACK	LESMILLS BODYPUMP
9.40am		KETTLEBELL					
10.15am	ACTIVE MOVERS	LESMILLS BODYCOMBAT	ACTIVE MOVERS	LESMILLS BODYPUMP	PILATES	LESMILLS BODYSTEP	LESMILLS BODYCOMBAT
11.20am	LESMILLS BODYCOMBAT	LESMILLS BODYPUMP	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYATTACK
12.25pm	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYATTACK	LESMILLS CORE	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE
1.30pm	ACTIVE MOVERS	LESMILLS BODYATTACK	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	LESMILLS CORE	LESMILLS BODYATTACK	LESMILLS BODYCOMBAT
3.00pm	LESMILLS BODYATTACK	LESMILLS CORE	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS CORE	LESMILLS BODYPUMP
4.15pm	LESMILLS BODYCOMBAT	LESMILLS BODYBALANCE	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS BODYPUMP	LESMILLS BODYPUMP	LESMILLS BODYATTACK
5.30pm	LESMILLS BODYPUMP	LESMILLS BODYSTEP	LESMILLS CORE	LESMILLS BODYCOMBAT	LESMILLS CORE	LESMILLS BODYBALANCE	LESMILLS BODYCOMBAT
6.20pm	ZUMBA FITNESS	LESMILLS BODYPUMP	LESMILLS BODYSTEP	LESMILLS BODYPUMP	LESMILLS BODYATTACK		
7.25pm	LESMILLS BODYSTEP	ZUMBA FITNESS	LESMILLS BODYPUMP	LESMILLS BODYSTEP	LESMILLS BODYPUMP	LESMILLS CORE	LESMILLS BODYPUMP
8.30pm	LESMILLS BODYPUMP	LESMILLS BODYATTACK	LESMILLS BODYCOMBAT	LESMILLS CORE	LESMILLS BODYBALANCE		
9.20pm	LESMILLS BODYBALANCE	LESMILLS CORE	LESMILLS BODYATTACK	LESMILLS BODYPUMP			

Reformer Pilates • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am					REFORMER pilates		
8.15am						REFORMER Beginners	
9.15am	REFORMER Beginners		REFORMER pilates	REFORMER athletic	REFORMER pilates	REFORMER pilates	REFORMER Beginners
10.15am	REFORMER pilates	REFORMER pilates	REFORMER Advanced	REFORMER pilates			REFORMER pilates
11.15am		REFORMER pilates		REFORMER pilates			
4.30pm	REFORMER pilates						
5.30pm		REFORMER Beginners	REFORMER pilates	REFORMER Beginners			
6.30pm	REFORMER pilates	REFORMER athletic		REFORMER pilates			

Eltham Leisure Centre

Wellness Studio • Eltham Leisure Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		YOGA		PILATES	BARRE		
8.10am			YOGA			PILATES	
9.10am	PILATES	ACTIVE LIGHT	YOGALATES	LESMILLS BODYBALANCE	YOGA	BARRE	LESMILLS BODYBALANCE
10.15am	BARRE	HATHA YOGA	YOGA	ACTIVE LIGHT	LESMILLS CORE	YANG-YIN YOGA	
11.20am	LESMILLS BODYBALANCE	TAI CHI	BARRE	YOGA		LESMILLS BODYBALANCE	
12.25pm		LESMILLS BODYBALANCE					
4.30pm							YOGA (90 MINS)
5.30pm					YOGA		
6.20pm	YOGA	LESMILLS BODYBALANCE	YOGA	PILATES			
7.25pm	BARRE	YOGA	PILATES	BARRE			
8.20pm	LESMILLS BODYBALANCE		YOGA YIN	LESMILLS BODYBALANCE			

Cycle Studio • Eltham Leisure Centre

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LESMILLS RPM	LESMILLS RPM		LESMILLS RPM	LESMILLS RPM		
7.00am	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint
8.10am						LESMILLS RPM	
9.10am	LESMILLS RPM	LESMILLS RPM	CYCLE	LESMILLS RPM	LESMILLS RPM	POWER CYCLE	LESMILLS RPM
10.15am		LESMILLS sprint		LESMILLS RPM			LESMILLS sprint
12.30pm	LESMILLS RPM		LESMILLS RPM		LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
2.00pm	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint
4.00pm	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
5.30pm	LESMILLS sprint	LESMILLS sprint	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS sprint
6.30pm	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM
7.30pm		LESMILLS sprint	LESMILLS RPM	LESMILLS sprint	LESMILLS RPM		

*Reformer Beginners classes are FREE for members – all other Reformer Pilates classes incur cost \$13.40 for members and \$23.80 for non-members

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

Eltham Leisure Centre

Functional Area • Eltham Leisure Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		RELENTLESS ①	RELENTLESS ①		RELENTLESS ①		
8.30am						RELENTLESS ①	
9.30am	RELENTLESS ①		RELENTLESS ①		RELENTLESS ①	RELENTLESS ①	
1.30pm		ACTIVE RELENTLESS ①					
4.00pm		HIGH SCHOOL RELENTLESS ①		HIGH SCHOOL RELENTLESS ①			
6.00pm			RELENTLESS ①	RELENTLESS ①			

Aqua Programs • Eltham Leisure Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am		AQUA	AQUA		AQUA	AQUA CORE	
9.15am	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10.15am	AQUA		ACTIVE AQUA	DEEP WATER AQUA (25M)			
1.00pm	ACTIVE AQUA	ACTIVE AQUA		ACTIVE AQUA			
2.00pm	ACTIVE AQUA						
6.15pm	AQUA		AQUA				
7.15pm	AQUA			AQUA CORE			
8.00pm			SWIM SQUAD				

Diamond Valley Sports & Fitness Centre

Functional Area • Diamond Valley Sports & Fitness Centre <i>In gym functional area</i>							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	RELENTLESS ①		RELENTLESS ①		RELENTLESS ①		
8.00am						RELENTLESS ①	
9.00am	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①	RELENTLESS ①
9.30am		RELENTLESS ①					
4.15pm	RELENTLESS ①	TEEN RELENTLESS ①		TEEN RELENTLESS ①	RELENTLESS ①		
5.30pm		RELENTLESS ①		RELENTLESS ①			
6.30pm			RELENTLESS ①				

** participants can not enter classes after the scheduled start time ① Indicates a virtual class ② Indicates 30min class ③ Indicates 45min class

Diamond Valley Sports & Fitness Centre

Group Fitness Studio 1 • Diamond Valley Sports & Fitness Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am		LES MILLS BODYBALANCE ③	YOGA	LES MILLS sprint ①			
8.05am							LES MILLS BODYBALANCE ③
9.30am	CYCLE ③	YOGA 9.20am	METAFIT ①	CYCLE ③	LES MILLS RPM ③		LES MILLS RPM ③
10.30am	PILATES	ACTIVE MOVERS ③	YOGA	PILATES ③	ACTIVE MOVERS ③	ZUMBA fitness	
12.25pm	LES MILLS BODYBALANCE ③	LES MILLS sprint ①	PILATES ③	LES MILLS RPM ③			
4.15pm						LES MILLS RPM ③	LES MILLS BODYBALANCE ③
5.30pm	LES MILLS CORE ①	LES MILLS sprint ①	THT ③		LES MILLS sprint ①		
6.05pm	ZUMBA fitness	PILATES		YOGA	LES MILLS BODYBALANCE ③		
7.10pm	YOGA		ZUMBA fitness	LES MILLS sprint ①			

Group Fitness Studio 2 • Diamond Valley Sports & Fitness Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	LES MILLS BODYCOMBAT ③	LES MILLS BODYPUMP ③	LES MILLS CORE ③	LES MILLS BODYCOMBAT ③	LES MILLS BODYPUMP ③		
8.05am							LES MILLS BODYCOMBAT ③
8.30am						LES MILLS BODYCOMBAT ③	
9.30am		LES MILLS BODYPUMP ③	LES MILLS BODYPUMP ③	BOXING ③	BOXING ③		LES MILLS BODYPUMP ③
10.30am	KETTLEBELL ①	LIT ③		KETTLEBELL ①	LES MILLS BODYPUMP ③	LES MILLS CORE ①	
11.30pm		LES MILLS CORE ①			LES MILLS CORE ①		
12.25pm	LES MILLS BODYPUMP ③		LES MILLS BODYPUMP ③				LES MILLS CORE ③
5.30pm				LES MILLS BODYPUMP ③			
6.05pm					LES MILLS BODYCOMBAT ③		
7.10pm	LES MILLS BODYCOMBAT ③		LES MILLS CORE ①				

** participants can not enter classes after the scheduled start time ① Indicates a virtual class ② Indicates 30min class ③ Indicates 45min class

Diamond Creek Community Centre & Community Bank Stadium

Group Fitness Studio • Diamond Creek Community Centre							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.05am	CYCLE 30	RELENTLESS PLUS	LIT 30	RELENTLESS PLUS	CYCLE 30		
8.30am	CYCLE 30				CYCLE 30	BURN 45	
9.00am	CORE EXPRESS						CYCLE 45
9.20am	tone 30	STEP45 30	LES MILLS BODYPUMP	ZUMBA gold	LES MILLS BODYPUMP	CYCLE 30	
10.25am	YOGA	BARRE	PILATES	YOGA	LES MILLS BODYBALANCE	PILATES	LES MILLS BODYBALANCE
11.30am						LES MILLS SH'BAM	LES MILLS BODYPUMP
12.30pm						LES MILLS BODYPUMP	
4.00pm	TEEN RELENTLESS			TEEN RELENTLESS			CYCLE 45
4.15pm		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS SH'BAM	LES MILLS BODYPUMP		
5.30pm	CORE 30	LES MILLS GRIT CARDIO	CYCLE 30	LES MILLS GRIT STRENGTH	LES MILLS BODYBALANCE		
6.05pm	BOXING	CYCLE 30	BOXING	ZUMBA fitness			
7.00pm	LES MILLS BODYPUMP 45	KETTLEBELL 45	LES MILLS BODYBALANCE	LES MILLS BODYPUMP			
8.00pm	LES MILLS BODYBALANCE	YOGA 30		YOGA			

Stadium • Diamond Creek Community Centre							
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 30	BURN 30	tone 30		
10.25am					RELENTLESS PLUS		

Group Fitness Studio • Community Bank Stadium							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.15am			ACTIVE MOVERS	ACTIVE MOVERS			
1.00pm		ACTIVE MOVERS STRENGTH					

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

AQUA
Use water resistance to challenge your entire body

ACTIVE AQUA
Slow tempo water resistance workout

AQUA CORE
Challenging Pilates based Aqua class without use of flotation equipment

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

DEEP WATER AQUA
High intensity deep water workout

ACTIVE MOVERS
Low impact cardio class

ACTIVE MOVERS STRENGTH
Circuit class to increase strength using weight

BARRE
Ballet, Pilates and Yoga fusion

BURN
Body weight and strength HIIT training

LES MILLS BODYATTACK
Sports-inspired cardio workout

LES MILLS BODYBALANCE
Yoga based wellness class

LES MILLS BODYCOMBAT
High-energy martial arts workout

LES MILLS BODYPUMP
Weight-based strength workout

LES MILLS BODYSTEP
Energising step workout

BOXING
Strength and Stamina

CORE
Dynamic Core Conditioning

CORE EXPRESS
Dynamic Core Training

CYCLE
Freestyle cycling workout

LES MILLS GRIT | CARDIO
HIIT training to improve cardio fitness

LES MILLS GRIT | STRENGTH
HIIT training to improve strength

KETTLEBELL
Functional compound class with kettlebell

LIT45
Low impact interval training

metafit
Bodyweight HIIT training

PILATES
Core and conditioning class

POWER CYCLE
Structured, technique focus class

LES MILLS RPM
Cycling workout

REFORMER Advanced
Must have completed a minimum of 5 Reformer classes and have a solid understanding of how Reformer works.

REFORMER athletic
Challenging Reformer Pilates using KX principles, to provide enhanced functional control. Must be beyond beginner level

REFORMER Beginners
Beginner class, designed to get you comfortable teaching basic movements

REFORMER pilates
Strength, postural, flexibility, balance and endurance training, this class is not suitable for first timers

RELENTLESS
A mixture of TRX, bodyweight, functional movements, kettlebells and more, using HIIT training methodology.

RELENTLESS PLUS
With a mixture of TRX, body weight, functional movements, kettlebells and more HIT training methodology.

LES MILLS SH'BAM
Dance-fitness party

LES MILLS sprint
30min Cycling High Intensity Interval Training (HIIT) workout

STEP45
Cardio workout, using a height-adjustable step

TAI CHI
Gentle physical exercise and stretching

THT
Energising lower body workout focusing on tummy, hips & thighs. Tone & strengthen. 45mins

tone
Cardio, core and resistance class

YIN YOGA
Long, deep holding of passive poses

YOGA HATHA
The practice of yoga postures

YOGA
Emphasis on precision and alignment

YOGALATES
Fusion of Yoga and Pilates practices

ZUMBA fitness
Dance-fitness party

ZUMBA gold
Dance-fitness party

Eltham Leisure Centre

40 Brougham Street, Eltham 3095

9439 2266 | eltham@alignedleisure.com.au | elthamleisurecentre.com.au

Opening hours

Monday to Friday 5.30am – 10pm

Saturday and Sunday 7am – 8pm

Public Holidays 8am – 8pm

Diamond Creek Community Centre

28 Main Hurstbridge Road, Diamond Creek 3089

9438 5299 | dccc@alignedleisure.com.au | diamondcreekcc.com.au

Opening hours

Monday to Thursday 6am – 9.30pm

Friday 6am – 7pm

Saturday 8am – 6pm

Sunday 9am – 5pm

Public Holiday 8am – 6pm

Diamond Valley Sports & Fitness Centre

44 Civic Drive, Greensborough 3088

9435 8444 | dvsfc@alignedleisure.com.au | diamondvalleysfc.com.au

Opening hours

Monday to Friday 6am – 9.30pm

Saturday and Sunday 8am – 6pm

Public Holidays 8am – 6pm

Community Bank Stadium

129-163 Main Hurstbridge Road, Diamond Creek 3089

9438 8900 | cbs@alignedleisure.com.au | communitybankstadium.com.au

Opening hours

Monday to Thursday 9am – 9pm

Friday 6am – 7pm

Saturday 8am – 6pm

Sunday 8am – 9pm

Public Holiday Closed