

The background of the entire poster is a light blue surface decorated with various Easter-themed items. There are several decorated Easter eggs in shades of yellow, pink, and blue, some with gold patterns like hearts or wavy lines. Small white speckled eggs are also scattered around. Two white paper cutouts of rabbits are positioned in the upper corners. A large teal circle with a white border is centered on the page, containing the main title text.

Easter 2024 Group Fitness Timetable

AND

GOOD FRIDAY FUNDRAISER

Join us on Good Friday for a Easter egg hunt,
face painting, aquatic activities
childcare, free hot cross buns and more!



LEISURE
FACILITIES

The Nillumbik logo features a stylized white wave with a small tree and a house on a hill to its right.

Nillumbik

GOOD FRIDAY FUNDRAISER

Join us for a fun packed day including a Easter egg hunt, face painting, aquatic activities, childcare (bookings essential) free hot cross buns and more!

Eltham Leisure Centre

9am - 12pm	HEALTH CLUB AND AQUATICS HALL OPEN
9.15am	LES MILLS MASTERCLASS
9.15am	LES MILLS RPM
9.30am	AQUA
10.15am	LES MILLS sprint
10.45am	FAMILY ZUMBA
11.00am	MEDITATION

Childcare open 9am to 12pm, \$5 entry, bookings essential.

Diamond Valley Sports & Fitness Centre

9am - 12pm	CASUAL SHOOTING - \$5
10.30am	RELENTLESS PLUS - \$10
JUMPSHOTS BASKETBALL OPEN FOR BOOKINGS	

Diamond Creek Community Centre

9am - 10am	RELENTLESS PLUS - \$10
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Entry Cost:
Adults \$10
Children \$5

Eltham Leisure Centre

30 MARCH - 1 APRIL

Group Fitness Studio

TIME	SAT 30/3	SUN 31/3	MON 1/4
8.10am		ZUMBA	CORE
9.10am	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10.15am	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	
11.20am	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT
12.25pm	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYPUMP
1.30pm	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT	
3.00pm	CORE	LES MILLS BODYPUMP	LES MILLS BODYATTACK
4.15pm	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYCOMBAT
5.30pm	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
6.20pm			ZUMBA
7.25pm	CORE	LES MILLS BODYPUMP	

Aqua Programs

TIME	SAT 30/3	SUN 31/3	MON 1/4
8.15am	AQUA CORE		
9.15am	AQUA		AQUA
10.15am			AQUA

Reformer Pilates

TIME	SAT 30/3	SUN 31/3	MON 1/4
9.15am			Reformer Beginners
10.15am			Reformer Pilates

Cycle Studio

TIME	SAT 30/3	SUN 31/3	MON 1/4
8.10am	LES MILLS RPM		
9.10am	POWER CYCLE	LES MILLS RPM	LES MILLS RPM
10.15am		LES MILLS sprint	
12.30pm	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM
2.00pm	LES MILLS RPM	LES MILLS sprint	LES MILLS sprint
4.00pm	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM
5.30pm	LES MILLS RPM	LES MILLS sprint	LES MILLS sprint
6.30pm	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM

Wellness Studio

TIME	SAT 30/3	SUN 31/3	MON 1/4
9.10am			PILATES
10.15am	YANG-YIN YOGA		YOGA
11.20am			LES MILLS BODYBALANCE
4.30pm		YOGA (90MINS)	
6.20pm			YOGA

** participants can not enter classes after the scheduled start time

⌚ Indicates a virtual class

⌚ Indicates 30min class

⌚ Indicates 45min class

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

Group Fitness Studio 1			
TIME	SAT 30/3	SUN 31/3	MON 1/4
10.30am			PILATES



Group Fitness Studio 2			
TIME	SAT 30/3	SUN 31/3	MON 1/4
9.15am			
9.30am			
10.30am			
10.45am			
12.25pm			

Group Fitness Studio			
TIME	SAT 30/3	SUN 31/3	MON 1/4
8.30am	BURN		
9.00am			
9.20am	CYCLE		
10.25am			YOGA
11.30am			
12.30pm			
4.00pm			

Stadium			
TIME	SAT 30/3	SUN 31/3	MON 1/4
9.00am		RELENTLESS PLUS	



EASTER OPENING HOURS

	Eltham Leisure Centre	Diamond Creek Community Centre	Diamond Valley Sports and Fitness Centre	Diamond Creek Outdoor Pool	Community Bank Stadium
Fri 29 March	Good Friday Fundraiser Only	Good Friday Fundraiser Only	Good Friday Fundraiser Only	CLOSED	CLOSED
Sat 30 March	8am to 8pm	8am to 6pm	8am to 6pm	9am to 6pm	Easter Train Show
Sun 31 March	8am to 8pm	9am to 5pm	9am to 6pm	9am to 6pm	Easter Train Show
Mon 1 April	8am to 8pm	8am to 6pm	8am to 6pm	CLOSED	CLOSED