





West Melton Community and Recreation Centre

 WESTMELTONCOMMUNITYCENTRE
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	HIIT					
8am						HIIT
9.15am	PUMP/CORE 		KICK & TONE		LES MILLS EXPRESS BODYPUMP 	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
5.15pm	LES MILLS BODYPUMP 					
5.30pm			LES MILLS BODYPUMP 	BAT		
6pm		HIIT				
6.45pm				YOGA		
7pm		LES MILLS CORE				