

# Virtual Classes

BOOKINGS RECOMMENDED  SELWYNSPORTSCENTRE (03) 347 2888

Classes are held in a group fitness room at the Selwyn Sports Centre with an instructor on a large screen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>sprint</b>		
7am	<b>LES MILLS</b> <b>BODYPUMP</b>				<b>LES MILLS</b> <b>BODYPUMP</b>		
8am	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>		
8.15am						<b>LES MILLS</b> <b>sprint</b>	
9am		<b>LES MILLS</b> <b>RPM</b>					
10am			<b>LES MILLS</b> <b>BODYPUMP</b>				
10am	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	
12pm		<b>LES MILLS</b> <b>GRIT</b>   STRENGTH		<b>LES MILLS</b> <b>GRIT</b>   STRENGTH		<b>LES MILLS</b> <b>BODYBALANCE</b>	<b>LES MILLS</b> <b>BODYPUMP</b>
12pm		<b>LES MILLS</b> <b>sprint</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>sprint</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS</b> <b>RPM</b>
2.30pm							<b>LES MILLS</b> <b>BODYPUMP</b>
4pm							<b>LES MILLS</b> <b>RPM</b>
6pm					<b>LES MILLS</b> <b>RPM</b>		
7pm		<b>LES MILLS</b> <b>sprint</b>					