





West Melton Community and Recreation Centre

f WESTMELTONCOMMUNITYCENTRE
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	HIIT					
8am						HIIT
9.15am	PUMP/CORE 		COMBO PUMP/CARDIO		LES MILLS EXPRESS BODYPUMP 	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
1pm				MATURE & MOTIVATED		
5.15pm	LES MILLS BODYPUMP 					
5.30pm			LES MILLS BODYPUMP 			
6pm		HIIT				
6.45pm				YOGA VINYASA FLOW		
7pm		LES MILLS CORE				