































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 | | | |  LESMILLS BODYPUMP | | | |
| 7am |  LESMILLS BODYPUMP | | | | | | |
| 8am |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM | | |
| |  LESMILLS BODYBALANCE | |  LESMILLS BODYBALANCE | | | | |
| 9am | |  LESMILLS RPM | | | | | |
| 10am |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM | |
| 12pm | |  LESMILLS GRIT STRENGTH | |  LESMILLS GRIT STRENGTH | |  LESMILLS BODYBALANCE |  LESMILLS BODYPUMP |
| | |  LESMILLS sprint |  LESMILLS RPM |  LESMILLS sprint |  LESMILLS RPM |  LESMILLS RPM |  LESMILLS RPM |
| 2.30pm | | | | | | |  LESMILLS BODYPUMP |
| 4pm | | | | | | |  LESMILLS RPM |
| 6pm | | | | |  LESMILLS RPM | | |
| 7pm | |  LESMILLS sprint | | | | | |