





# West Melton Community and Recreation Centre

**f** WESTMELTONCOMMUNITYCENTRE  
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	<b>LES MILLS</b> <b>RPM</b>					
8am						<b>HIIT</b>
9.15am	<b>PUMP/CORE</b> 	<b>LES MILLS</b> <b>RPM</b>	<b>COMBO</b> <b>PUMP/CARDIO</b>	<b>LES MILLS</b> <b>RPM</b>	<b>LES MILLS EXPRESS</b> <b>BODYPUMP</b> 	
10.15am	<b>MATURE &amp; MOTIVATED</b>					
11am			<b>MATURE &amp; MOTIVATED</b>			
1pm				<b>MATURE &amp; MOTIVATED</b>		
5.15pm	<b>LES MILLS</b> <b>BODYPUMP</b> 					
5.30pm			<b>LES MILLS</b> <b>BODYPUMP</b> 			
6pm		<b>HIIT</b>				
6.30pm			<b>LES MILLS</b> <b>RPM</b>			
6.45pm				<b>YOGA</b> <b>VINYASA FLOW</b>		
7pm		<b>LES MILLS</b> <b>sprint</b>				