





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am			LES MILLS RPM		LES MILLS RPM		
8.15am						LES MILLS RPM	
9am							LES MILLS EXPRESS BODYPUMP 
9.15am	LES MILLS RPM	HIIT				LES MILLS BODYBALANCE	
10am	MATURE & MOTIVATED		MATURE & MOTIVATED				LES MILLS CORE
10.15am		PILATES					
5.30pm	LES MILLS BODYPUMP 		LES MILLS BODYPUMP 				
6pm	YOGA EASY FLOW	LES MILLS RPM 		COMBO STEP PUMP			
6.30pm		LES MILLS BODYPUMP	LES MILLS CORE				
6.30pm		LES MILLS BODYBALANCE					
6.45pm	ZUMBA						
7pm				PILATES			
7.30pm			YOGA RESTORE				
8pm				PILATES			

Classes finish 22 December and resume 16 January. For details visit selwyn.govt.nz/recreation