














	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS RPM	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS RPM	HIIT		
6am	LES MILLS GRIT STRENGTH			BOXFIT			
6.35am			LES MILLS CORE				
8.15am						LES MILLS EXPRESS BODYPUMP 	
9am	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	
9am				LES MILLS BODYPUMP 			LES MILLS sprint
9.15am	YOGA HATHA	LES MILLS EXPRESS BODYPUMP 	LES MILLS BODY STEP		LES MILLS EXPRESS BODYPUMP 		
10am		LES MILLS CORE		YOGA HATHA	LES MILLS CORE	LES MILLS BODYPUMP 	LES MILLS RPM
10am							LES MILLS BODYBALANCE
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	LES MILLS CORE	
12pm	LES MILLS EXPRESS BODYPUMP 		LES MILLS EXPRESS BODYPUMP 		POST NATAL STRETCH AND RELEASE 		
1.15pm			MOVE IT TO MUSIC				
5.15pm	LES MILLS EXPRESS BODYPUMP 						
6pm	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			
6pm	LES MILLS BODYPUMP 	COMBO STEP PUMP 	YOGA RESTORE	LES MILLS GRIT CARDIO			
7pm		LES MILLS BODYBALANCE		LES MILLS BODYPUMP 			
7.15pm			LES MILLS BODYPUMP 	ZUMBA *			
7.30pm	YOGA EASY FLOW						

* Rolleston Community Centre
Classes finish 24 December and resume 16 January. Limited classes 6-15 January. For details visit selwyn.govt.nz/recreation