

Virtual Classes

BOOKINGS RECOMMENDED*

Classes are held in a group fitness room with an instructor on a large screen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am		LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS sprint		
7am	LES MILLS BODYPUMP				LES MILLS BODYPUMP		
8am	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM		
8.15am						LES MILLS sprint	
9am		LES MILLS RPM	LES MILLS BODYBALANCE				
10am			LES MILLS BODYPUMP				
10am	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	
12pm		LES MILLS GRIT STRENGTH		LES MILLS GRIT STRENGTH		LES MILLS BODYBALANCE	LES MILLS BODYPUMP
12pm		LES MILLS sprint	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
2.30pm							LES MILLS BODYPUMP
4pm							LES MILLS RPM
6pm					LES MILLS RPM		
7pm		LES MILLS sprint					

 Selwyn Sports Centre

*Please refer to the phone numbers on the back of this brochure or visit selwyn.govt.nz/recreation