





# West Melton Community and Recreation Centre

 WESTMELTONCOMMUNITYCENTRE  
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	<b>HIIT</b>	<b>LES MILLS BODY COMBAT</b>				
8am						<b>HIIT</b>
9.15am	<b>PUMP/CORE</b> 		<b>KICK &amp; TONE</b>		<b>LES MILLS EXPRESS BODYPUMP</b> 	
10.15am	<b>MATURE &amp; MOTIVATED</b>					
11am			<b>MATURE &amp; MOTIVATED</b>			
5.15pm	<b>LES MILLS BODYPUMP</b> 					
5.30pm			<b>LES MILLS BODYPUMP</b> 	<b>LES MILLS BODY COMBAT</b>		
6pm		<b>HIIT</b>				
6.30pm				<b>LES MILLS BODYBALANCE</b>		
7pm		<b>LES MILLS CORE</b>				

Classes finish 22 December and resume 16 January.  
Limited classes 8-14 January. For details visit [selwyn.govt.nz/recreation](http://selwyn.govt.nz/recreation)