

Virtual Classes

BOOKINGS RECOMMENDED  SELWYNSPORTSCENTRE (03) 347 2888

Classes are held in a group fitness room at the Selwyn Sports Centre with an instructor on a large screen.

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