















Selwyn Sports Centre

BOOKINGS RECOMMENDED  SELWYNSPORTSCENTRE (03) 347 2888

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	LES MILLS RPM	LES MILLS RPM	LES MILLS GRIT STRENGTH	LES MILLS sprint	HIIT		
6am	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP 	LES MILLS RPM	BOXFIT	LES MILLS RPM		
7am					STRENGTH DEVELOPMENT		
8am						LES MILLS RPM	
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 BODYBALANCE	LES MILLS BODYPUMP 
9.15am	YOGA HATHA	LES MILLS BODYPUMP 	LES MILLS BODY STEP		LES MILLS BODYPUMP 		LES MILLS sprint
10am		LES MILLS CORE		YOGA HATHA	LES MILLS CORE	LES MILLS BODYPUMP 	LES MILLS RPM
10am							LES MILLS BODYBALANCE
10.30am	ZUMBA GOLD						
11am		MATURE & MOTIVATED			MATURE & MOTIVATED	LES MILLS CORE	
12pm	LES MILLS EXPRESS BODYPUMP 	LES MILLS Shapes	LES MILLS EXPRESS BODYPUMP 		LES MILLS Shapes		
1.15pm			MOVE IT TO MUSIC				
5.15pm	LES MILLS EXPRESS BODYPUMP 	STRENGTH DEVELOPMENT					
5.45pm				STRENGTH DEVELOPMENT			
6pm	LES MILLS sprint	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM			
6pm	LES MILLS BODYPUMP 	COMBO STEP PUMP 	YOGA YIN YANG				
6.35pm				COMBO STEP PUMP			
7pm		LES MILLS BODYBALANCE					
7.15pm			LES MILLS BODYPUMP 				
7.30pm	YOGA GENTLE FLOW			LES MILLS BODYPUMP 			

SHAPES classes start 28 January.
Zumba Gold starts 3 February.