





# West Melton Community and Recreation Centre

**f WESTMELTONCOMMUNITYCENTRE**  
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	<b>HIIT</b>					
8am						<b>HIIT</b>
9.15am	<b>PUMP/CORE</b> 		<small>COMBO</small> <b>PUMP/CARDIO</b>		<small>LES MILLS EXPRESS</small> <b>BODYPUMP</b> 	
10.15am	<b>MATURE &amp; MOTIVATED</b>					
11am			<b>MATURE &amp; MOTIVATED</b>			
5.15pm	<small>LES MILLS</small> <b>BODYPUMP</b> 					
5.30pm			<small>LES MILLS</small> <b>BODYPUMP</b> 	<b>BAT</b>		
6pm		<b>HIIT</b>				
6.45pm				<b>YOGA</b>		
7pm		<small>LES MILLS</small> <b>CORE</b>				