

Lincoln Event Centre

Friends for Free Classes


 LINCOLNEVENTCENTRE PH (03) 347 2983

	Monday	Tuesday	Wednesday	Thursday	Saturday
8.15am					LES MILLS * RPM
9.15am	LES MILLS * RPM	HIIT			LES MILLS BODYBALANCE
6pm				COMBO STEP PUMP	
6.30pm		LES MILLS BODYPUMP		LES MILLS sprint *	
6.30pm		LES MILLS BODYBALANCE			
6.40pm			ZUMBA		
6.45pm			LES MILLS CORE		
7.30pm			YOGA RESTORE		

*Bookings required

West Melton Community and Recreation Centre

Friends for Free Classes

 WESTMELTONCOMMUNITYCENTRE
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.15am	<i>PUMP/CORE</i>		<i>KICK & TONE</i>			
10.15am	<i>MATURE & MOTIVATED</i>					
6.30pm				<i>LES MILLS BODYBALANCE</i>		
7pm		<i>YOGA</i>				

Selwyn Sports Centre

Friends for Free Classes

 SELWYNSPORTSCENTRE (03) 347 2888

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6am	LES MILLS GRIT STRENGTH*			LES MILLS * RPM		
6.35am			LES MILLS CORE			
9am				LES MILLS BODYPUMP (45 minutes)		
9.15am	YOGA					
10am					LES MILLS CORE	LES MILLS BODYBALANCE
12pm	LES MILLS EXPRESS BODYPUMP (30 minutes)		LES MILLS EXPRESS BODYPUMP (30 minutes)			
1.15pm			MOVE IT TO MUSIC (seated)			
5.15pm	LES MILLS EXPRESS BODYPUMP (30 minutes)					
6pm				LES MILLS GRIT CARDIO		
7pm		LES MILLS BODYBALANCE				

*Bookings required

Selwyn Aquatic Centre

Friends for Free Classes

 SELWYNAQUATICCENTRE (03) 347 2734

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30am		AQUA INTENSE (45 minutes)	AQUA FIT (45 minutes)	AQUA INTENSE (45 minutes)	AQUA FIT (45 minutes)
9.30am				AQUA FIT FOR PARENTS (45 minutes)	
1pm		AQUA INTENSE (45 minutes)			
6.15pm		AQUA NATAL (45 minutes)			
7pm	AQUA INTENSE (45 minutes)			AQUA FIT (45 minutes)	
7.15pm			AQUA INTENSE (45 minutes)		

Bookings required