



SELWYN SPORTS CENTRE

Free group fitness classes!

SUNDAY 29 MAY

9.15am	Les Mills Grit (20min)	12pm	Virtual Les Mills RPM (45min)
11am	Les Mills Body Pump (30min)	1.30pm	Virtual Les Mills Grit Cardio (30min)
11am	Les Mills RPM (30min)	1.30pm	Virtual Les Mills Sprint (30min)
11.45am	Step Pump (30min)	2.15pm	Virtual Les Mills Express Pump (30min)
12.15pm	Les Mills Core (20min)	2.15pm	Virtual Les Mills RPM (30min)
12.45pm	Yoga (30min)	3pm	Virtual Les Mills Grit Athletic (30min)
		3pm	Virtual Les Mills Sprint (30min)
		3.45pm	Virtual Les Mills Grit Strength (30min)
		4pm	Virtual Les Mills RPM (45min)

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