


West Melton Community and Recreation Centre

 WESTMELTONCOMMUNITYCENTRE
PH (03) 347 1804

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am						HIIT
9.15am	LES MILLS BODYPUMP		KICK & TONE		LES MILLS EXPRESS BODYPUMP	
10.15am	MATURE & MOTIVATED					
11am			MATURE & MOTIVATED			
5.15pm	LES MILLS BODYPUMP					
5.30pm			LES MILLS BODYPUMP			
6pm		HIIT				
6.30pm				LES MILLS BODYBALANCE		
7pm		YOGA				

Classes finish 21 December (with no Kick & Tone that day) and resume 9 January.