

West Melton Community and Recreation Centre

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am						HIIT
9.15am			KICK & TONE		LES MILLS EXPRESS BODYPUMP	
10am	DANCE FITNESS					
11am			MATURE & MOTIVATED			
5.15pm	LES MILLS BODYPUMP					
5.30pm			LES MILLS BODYPUMP			
6pm		HIIT				
7pm		YOGA		LES MILLS BODYBALANCE		