

West Melton Community and Recreation Centre

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|---------|-----------|----------|---------------------------------------|-------------|
| 8am | | | | | | HIIT |
| 9.15am | | | | | LES MILLS EXPRESS BODYPUMP | |
| 10am | DANCE FITNESS | | | | | |
| 11am | | | | | | |
| 5.15pm | LES MILLS BODYPUMP | | | | | |
| 5.30pm | | | | | | |
| 6pm | | | | | | |
| 7pm | | | | | | |