

CLASS TIMETABLE



OPENING MON – FRI 6am – 9pm
HOURS SAT – SUN 7am – 9pm

	MON	TUE	WED	THURS	FRI	SAT	SUN
MORNING	<div>FITNESS</div> <div>6.30AM</div> <div>Impact HIIT</div> <div>45 MINS</div>	<div>FITNESS</div> <div>6.30AM</div> <div>Circuit</div> <div>45 MINS</div>	<div>FITNESS</div> <div>6.30AM</div> <div>Millbrook HIIT</div> <div>45 MINS</div>	<div>FITNESS</div> <div>6.30AM</div> <div>Impact HIIT</div> <div>45 MINS</div>	<div>FITNESS</div> <div>6.30AM</div> <div>Millbrook HIIT</div> <div>45 MINS</div>	<div>YOGA/PILATES</div> <div>8.00AM</div> <div>Yoga Slow & Steady</div>	<div>FITNESS</div> <div>9AM</div> <div>Core Conditioning</div> <div>60 MINS</div>
	<div>YOGA/PILATES</div> <div>8.00AM</div> <div>Yoga Vinyasa Flow</div>	<div>FITNESS</div> <div>8.00AM</div> <div>Millbrook Pump</div>	<div>FITNESS</div> <div>8.00AM</div> <div>Core Conditioning</div> <div>50 MINS</div>	<div>YOGA/PILATES</div> <div>8.00AM</div> <div>Yoga Slow & Steady</div>	<div>FITNESS</div> <div>8.00AM</div> <div>Millbrook Pump</div>	<div>YOGA/PILATES</div> <div>9.15AM</div> <div>Yoga Vinyasa Flow</div>	
	<div>AQUATIC</div> <div>8:45AM</div> <div>Aqua Aerobics</div>	<div>BARRE</div> <div>9:15AM</div> <div>Barre</div>	<div>AQUATIC</div> <div>8:45AM</div> <div>Aqua Aerobics</div>	<div>YOGA/PILATES</div> <div>9:15AM</div> <div>Yoga Yin & Yang</div> <div>90 MINS</div>	<div>AQUATIC</div> <div>8:45AM</div> <div>Aqua Aerobics</div>		
	<div>YOGA/PILATES</div> <div>9:15AM</div> <div>Yoga Yin & Yang</div> <div>90 MINS</div>		<div>YOGA/PILATES</div> <div>9:00AM</div> <div>Stretch</div>		<div>YOGA/PILATES</div> <div>9:15AM</div> <div>Yoga Vinyasa Flow</div>		
DAY	<div>YOGA/PILATES</div> <div>12:00PM</div> <div>Express Pilates</div> <div>45 MINS</div>	<div>YOGA/PILATES</div> <div>10.30AM</div> <div>Pilates</div>	<div>YOGA/PILATES</div> <div>10:15AM</div> <div>Yoga Slow & Steady</div>	<div>FITNESS</div> <div>11.00AM</div> <div>Core Conditioning</div>	<div>YOGA/PILATES</div> <div>10:30AM</div> <div>Yoga Yin/Restorative</div>	<div>YOGA/PILATES</div> <div>10:30AM</div> <div>Pilates</div>	<div>FITNESS</div> <div>10.15AM</div> <div>Millbrook Pump</div>
	<div>BARRE</div> <div>1:00PM</div> <div>Express Barre</div> <div>45 MINS</div>		<div>YOGA/PILATES</div> <div>11:30AM</div> <div>Myofascial Release Yin Yoga</div>		<div>YOGA/PILATES</div> <div>12:15PM</div> <div>Deep Relaxation</div> <div>45 MINS</div>	<div>BARRE</div> <div>11:45AM</div> <div>Express Barre</div> <div>45 MINS</div>	
	<div>FITNESS</div> <div>4.45PM</div> <div>Millbrook Pump</div>		<div>YOGA/PILATES</div> <div>4:45PM</div> <div>Pilates</div>				
EVENING	<div>YOGA/PILATES</div> <div>6:00PM</div> <div>Yoga Yin/Restorative</div>	<div>YOGA/PILATES</div> <div>6:00PM</div> <div>Yoga Vinyasa Flow</div>	<div>BARRE</div> <div>6:00PM</div> <div>Express Intro Barre</div> <div>45 MINS</div>	<div>FITNESS</div> <div>5.00PM</div> <div>Circuit</div> <div>45 MINS</div>			
		<div>YOGA/PILATES</div> <div>7:15PM</div> <div>Deep Relaxation</div>	<div>YOGA/PILATES</div> <div>7:00PM</div> <div>Deep Relaxation</div>	<div>YOGA/PILATES</div> <div>6.15PM</div> <div>Yoga Vinyasa Flow</div>			

BOOKINGS & CLASS INFORMATION

To secure your place, we kindly ask that all classes are **booked in advance**.

Each class is 60 minutes unless otherwise noted. All Health & Fitness classes are complimentary for **Members and in-house Guests**.

DESCRIPTION OF CLASSES

FITNESS

MILLBROOK CIRCUIT

This full-body class combines functional strength, mobility, and cardiovascular endurance. Designed to build stability, confidence, and lasting strength.

FITNESS

IMPACT HIIT

A high-energy interval workout blending equipment and body-weight training. Created to build resilience, elevate fitness, and leave you feeling strong and revitalised.

FITNESS

MILLBROOK PUMP

A barbell-based strength class using classic weight-room movements. Sculpt, tone, and build whole-body power in a session that is both challenging and rewarding.

FITNESS

CORE CONDITIONING

Targeted movements to strengthen your core, refine posture, and support balance in everyday life.

FITNESS

MILLBROOK HIIT

This class incorporates all realms of fitness qualities which include strength, plyometric, HIIT, core and flexibility segments. The perfect class to light up your metabolism and keep your body guessing to gain rapid results.

AQUATIC

AQUA AEROBICS

A low-impact water-based workout that strengthens and tones while being gentle on the joints. Ideal for rehabilitation or simply enjoying movement in a supportive environment.

BARRE

BARRE

A flowing, ballet-inspired class blending strength, control, and balance. Through precise movements and light resistance, you'll sculpt muscles and improve posture while moving with elegance and energy.

BARRE

EXPRESS BARRE

All the benefits of a traditional Barre class in a shorter, faster-paced format — focused, uplifting, and effective.

BARRE

EXPRESS INTRO TO BARRE

A supportive introduction that breaks down the fundamentals of Barre. Accessible for beginners, pregnancy, or recovery, it builds confidence and foundation in a welcoming way.

YOGA/PILATES

VINYASA FLOW YOGA

An uplifting sequence linking breath with movement. Builds strength, balance, and flow while refreshing both body and mind.

YOGA/PILATES

YIN & YANG YOGA

A practice of contrasts — beginning with dynamic, energising flow before easing into restorative, grounding stretches. Suitable for all levels.

YOGA/PILATES

YIN/RESTORATIVE YOGA

Gentle postures held for longer, often supported with props. Encourages deep release in the body while calming the mind.

YOGA/PILATES

SLOW & STEADY YOGA

A slower-paced class focused on alignment, awareness, and breath. Ideal for beginners or anyone seeking mindful movement.

YOGA/PILATES

DEEP RELAXATION

A tranquil combination of gentle stretching and conscious breathing. Helps to reduce stress, restore balance, and invite stillness.

YOGA/PILATES

PILATES

Precise, controlled movements designed to strengthen the core, improve posture, and enhance stability. Builds balanced strength with mindful technique.

YOGA/PILATES

EXPRESS PILATES

A shorter Pilates session offering the same benefits in an efficient format.

YOGA/PILATES

MYOFASCIAL RELEASE YIN YOGA

A shorter Pilates session offering the same benefits in an efficient format.

YOGA/PILATES

MILLBROOK STRETCH

Gentle, guided stretches that lengthen muscles, ease tension, and improve mobility. A restorative way to support movement with freedom.