

CLASS TIMETABLE

PLEASE NOTE
Bookings are essential
for all classes. All classes
60 minutes unless specified.

All classes are held in the
Pavilion.

All Health & Fitness classes
are complimentary to
Members & In-house Guests

Fitness Fitness Classes

Barre Barre Classes

Aquatic Aquatic Classes

Yoga / Pilates Yoga & Pilates

MON 8th Sep	TUE 9th Sep	WED 10th Sep	THU 11th Sep	FRI 12th Sep	SAT 13th Sep	SUN 14th Sep
<div>Fitness</div> <div>6.30am Impact HIIT 45 mins</div>	<div>Fitness</div> <div>6.30am Millbrook Circuit 45 mins</div>	<div>Fitness</div> <div>8am Core Conditioning 50 mins</div>	<div>Yoga / Pilates</div> <div>8am Yoga Slow & Steady</div>	<div>Fitness</div> <div>8am Millbrook Pump</div>	<div>Yoga / Pilates</div> <div>8am Yoga Slow & Steady</div>	No Classes Today
<div>Yoga / Pilates</div> <div>6pm Yoga Yin/ Restorative</div>	<div>Fitness</div> <div>8am Millbrook Pump</div>	<div>Yoga / Pilates</div> <div>9am Millbrook Stretch</div>	<div>Yoga / Pilates</div> <div>9:15am Yoga Yin & Yang 90 mins</div>	<div>Yoga / Pilates</div> <div>9.15am Yoga Vinyasa Flow</div>	<div>Yoga / Pilates</div> <div>9.15am Yoga Vinyasa Flow</div>	
	<div>Yoga / Pilates</div> <div>9.15am Pilates</div>	<div>Yoga / Pilates</div> <div>10.15am Yoga Slow & Steady</div>	<div>Fitness</div> <div>11:30am Core Conditioning</div>	<div>Yoga / Pilates</div> <div>10:30am Yoga Yin/ Restorative</div>	<div>Yoga / Pilates</div> <div>10.30am Pilates</div>	
	<div>Yoga / Pilates</div> <div>10.20am Dynamic Pilates</div>	<div>Yoga / Pilates</div> <div>11.30am Myofascial Release Yin Yoga</div>	<div>Fitness</div> <div>4pm Millbrook HIIT 45 mins</div>		<div>Yoga / Pilates</div> <div>11.35am Dynamic Pilates</div>	
	<div>Fitness</div> <div>4pm Core Conditioning</div>		<div>Fitness</div> <div>5pm Fit to Ski</div>			
	<div>Yoga / Pilates</div> <div>6:30pm Yoga Vinyasa Flow</div>		<div>Yoga / Pilates</div> <div>6:15pm Yoga Vinyasa Flow</div>			