

CLASS TIMETABLE

	MON 23RD	TUE 24TH	WED 25TH	THURS 26TH	FRI 27TH	SAT 28TH	SUN 1ST
MORNING				YOGA/PILATES 8:00AM Slow and Steady Yoga	FITNESS 8:00AM Core Conditioning	NO CLASSES NO CLASSES TODAY	FITNESS 9:00AM Core Conditioning
			FITNESS 8:00AM Core Conditioning 50 MINS	YOGA/PILATES 9:15AM Yin & Yang Yoga 90 MINS	AQUATIC 8:45AM Aqua Aerobics		
	AQUATIC 8:45AM Aqua Aerobics		AQUATIC 8:45AM Aqua Aerobics		YOGA/PILATES 9:15AM Vinyasa Yoga		
DAY			YOGA/PILATES 9:00AM Millbrook Stretch		YOGA/PILATES 10:30AM Yin/ Restorative Yoga		FITNESS 10:15AM Total Body Bootcamp
			YOGA/PILATES 10:15AM Yoga Slow & Steady				
		FITNESS 11:00AM Core Conditioning	YOGA/PILATES 11:30AM Myofascial Release Yin Yoga				
EVENING	FITNESS 4:45PM Total Body Bootcamp						
				FITNESS 5:00PM Total Body Bootcamp			

BOOKINGS & CLASS INFORMATION

To secure your place, we kindly ask that all classes are **booked in advance**. Classes will be held in the *grass tennis court area*, weather permitting. Each class is 60 minutes unless otherwise noted. All Health & Fitness classes are complimentary for **Members and In-house Guests**.

CLASS TIMETABLE

	MON	TUE	WED	THURS	FRI	SAT	SUN
MORNING	FITNESS 6.30AM Impact HIIT 45 MINS	FITNESS 6.30AM Circuit 45 MINS	FITNESS 6.30AM Millbrook HIIT 45 MINS	FITNESS 6.30AM Impact HIIT 45 MINS	FITNESS 6.30AM Millbrook HIIT 45 MINS	YOGA/PILATES 8.00AM Yoga Slow & Steady	FITNESS 9AM Core Conditioning 60 MINS
	YOGA/PILATES 8.00AM Yoga Vinyasa Flow	FITNESS 8.00AM Millbrook Pump	FITNESS 8.00AM Core Conditioning 50 MINS	YOGA/PILATES 8.00AM Yoga Slow & Steady	FITNESS 8.00AM Millbrook Pump	YOGA/PILATES 9.15AM Yoga Vinyasa Flow	
	AQUATIC 8.45AM Aqua Aerobics	BARRE 9.15AM Barre	AQUATIC 8.45AM Aqua Aerobics	YOGA/PILATES 9.15AM Yoga Yin & Yang 90 MINS	AQUATIC 8.45AM Aqua Aerobics		
	YOGA/PILATES 9.15AM Yoga Yin & Yang 90 MINS		YOGA/PILATES 9.00AM Stretch		YOGA/PILATES 9.15AM Yoga Vinyasa Flow		
	YOGA/PILATES 12.00PM Express Pilates 45 MINS	YOGA/PILATES 10.30AM Pilates	YOGA/PILATES 10.15AM Yoga Slow & Steady	FITNESS 11.00AM Core Conditioning	YOGA/PILATES 10.30AM Yoga Yin/Restorative	YOGA/PILATES 10.30AM Pilates	FITNESS 10.15AM Millbrook Pump
DAY	BARRE 1.00PM Express Barre 45 MINS		YOGA/PILATES 11.30AM Myofascial Release Yin Yoga		YOGA/PILATES 12.15PM Deep Relaxation 45 MINS	BARRE 11.45AM Express Barre 45 MINS	
	FITNESS 4.45PM Millbrook Pump		YOGA/PILATES 4.45PM Pilates				
EVENING	YOGA/PILATES 6.00PM Yoga Yin/Restorative	YOGA/PILATES 6.00PM Yoga Vinyasa Flow	BARRE 6.00PM Express Intro Barre 45 MINS	FITNESS 5.00PM Circuit 45 MINS			
		YOGA/PILATES 7.15PM Deep Relaxation	YOGA/PILATES 7.00PM Deep Relaxation	YOGA/PILATES 6.15PM Yoga Vinyasa Flow			

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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, fast-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.