

# CLASS TIMETABLE

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

	MON	TUE	WED	THURS	FRI	SAT	SUN
MORNING	FITNESS	FITNESS	VIRTUAL	FITNESS	VIRTUAL	YOGA/PILATES	VIRTUAL
	<b>6.30AM</b> Impact HIIT 45 MINS	<b>6.30AM</b> Impact HIIT 45 MINS	<b>6.30AM</b> Virtual Fit 40 MINS	<b>6.30AM</b> Impact HIIT 45 MINS	<b>6.30AM</b> Virtual Fit 40 MINS	<b>8.00AM</b> Yoga Slow & Steady	<b>7.30AM</b> Virtual Fit 40 MINS
	YOGA/PILATES	FITNESS	FITNESS	YOGA/PILATES	FITNESS	YOGA/PILATES	FITNESS
	<b>8.00AM</b> Yoga Vinyasa Flow	<b>7.30AM</b> Millbrook Pump	<b>8.00AM</b> Core Conditioning 50 MINS	<b>8.00AM</b> Yoga Slow & Steady	<b>8.00AM</b> Millbrook Pump	<b>9.15AM</b> Yoga Vinyasa Flow	<b>9AM</b> Core Conditioning 50 MINS
	AQUATIC	BARRE	AQUATIC	YOGA/PILATES	YOGA/PILATES		
	<b>8:45AM</b> Aqua Aerobics	<b>9:15AM</b> Barre	<b>9:00AM</b> Aqua Aerobics	<b>9:15AM</b> Yoga Yin & Yang 90 MINS	<b>9:15AM</b> Yoga Vinyasa Flow		
	YOGA/PILATES		YOGA/PILATES				
	<b>9:15AM</b> Yoga Yin & Yang 90 MINS		<b>9:00AM</b> Stretch				
DAY	YOGA/PILATES	YOGA/PILATES	YOGA/PILATES	FITNESS	YOGA/PILATES	YOGA/PILATES	FITNESS
	<b>12:00PM</b> Express Pilates 45 MINS	<b>10.20AM</b> Pilates	<b>10:15AM</b> Yoga Slow & Steady	<b>11.00AM</b> Core Conditioning	<b>10:30AM</b> Yoga Yin/Restorative	<b>10:30AM</b> Pilates	<b>10.15AM</b> Millbrook Pump
	BARRE	YOGA/PILATES	YOGA/PILATES		VIRTUAL	BARRE	VIRTUAL
	<b>12:50PM</b> Express Barre 45 MINS	<b>11:30AM</b> Tai Chi 50 MINS	<b>11:30AM</b> Myofascial Release Yin Yoga		<b>2:00PM</b> Virtual Pilates 30 MINS	<b>11:35AM</b> Express Barre 45 MINS	<b>2.00PM</b> Virtual Pilates 30 MINS
	FITNESS		YOGA/PILATES			VIRTUAL	
	<b>4.45PM</b> Millbrook Pump		<b>4:45PM</b> Pilates			<b>2:00PM</b> Virtual Fit 40 MINS	
	YOGA/PILATES	YOGA/PILATES	BARRE	FITNESS	VIRTUAL		VIRTUAL
	<b>6:00PM</b> Yoga Yin/Restorative	<b>6:00PM</b> Yoga Vinyasa Flow	<b>5:50PM</b> Express Intro Barre 45 MINS	<b>5.00PM</b> Circuit 45 MINS	<b>6.30PM</b> Virtual Yoga 30 MINS		<b>6.30PM</b> Virtual Yoga 30 MINS
EVENING		YOGA/PILATES	YOGA/PILATES	VIRTUAL			
		<b>7:15PM</b> Deep Relaxation	<b>6:45PM</b> Deep Relaxation	<b>6.15PM</b> Virtual Yoga 30 MINS			

## BOOKINGS & CLASS INFORMATION

To ensure 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

### MILLBROOK STRETCH

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

## 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.

## 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

### TAI CHI

Rooted in tradition, this graceful practice builds balance, mobility, and inner calm through flowing, deliberate movement. Suitable for all levels.

## VIRTUAL

### VIRTUAL FIT

Dynamic online sessions that bring strength, cardio, and functional movement into your day — wherever you are. Energising, balanced, and designed to keep you moving with confidence.

## VIRTUAL

### VIRTUAL YOGA

Bring balance and stillness into your day with guided virtual yoga. Each session supports flexibility, calm, and presence — inviting ease into both body and mind.

## VIRTUAL

### VIRTUAL PILATES

Strength-focused virtual classes that refine posture, stability, and control. Core-led movements build resilience and alignment — accessible from wherever you choose to practise.