



# CLASS TIMETABLE

|         | MONDAY                        | TUESDAY                     | WEDNESDAY            | THURSDAY                    | FRIDAY                |
|---------|-------------------------------|-----------------------------|----------------------|-----------------------------|-----------------------|
| 5:45PM* | ESSENTIAL STRETCH<br>VICTORIA | YOGA<br>LAURA               | SPIN<br>JESSIE/KELLY | HIIT<br>KELLY               |                       |
| 6:30PM  | PILATES<br>VICTORIA           |                             |                      | DANCE FIT<br>JODIE          |                       |
| 7:00PM  | BOX CIRCUITS<br>JESSIE        | STRONG NATION™<br>CHARLOTTE | LIFT FIT<br>JESSIE   |                             |                       |
| 7:30PM  | SPIN<br>KELLY                 |                             |                      | ULTIMATE WEIGHTS<br>STEFANO | BOX N BURN<br>STEFANO |
| 8:00PM  |                               | ZUMBA™<br>CHARLOTTE         |                      |                             |                       |

All classes are 45 minutes long. Please arrive ready and 5 minutes before your class.

\*The changing rooms are not available until 6pm. Sanitising stations are located in the class areas, please wipe down any equipment you used during the class at the end.

You must have The Mill Ultimate Pass or have paid for a Class Pass and be booked on in advance. Please visit [themill.clubright.co.uk](http://themill.clubright.co.uk) to buy an Ultimate Membership or Class Pass and to book on.

### New Class Pass Prices!

- 1 Class Pass: £8
- 5 Class Pass: £35
- 10 Class Pass: £60

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|--------------------------|---|
| <b>Essential Stretch</b> | All the essential matwork but with an added stretch element. These classes aim to compliment core strength with enhanced focus on flexibility for all those 'tight bits'. A lovely way to start the week feeling super supple, strengthened and lengthened!   |
| <b>Pilates</b>           | Increasing the challenge. These classes include quicker flows and build into intermediate sequences to add in more strength, endurance and coordination. Suitable for those who are familiar with their practise and looking to master the Intermediate mat work challenges.  |
| <b>Box Circuits</b>      | Fancy blowing off some steam? Nothing feels better than letting it go on the bag! Come and de-stress in a fast paced boxercise class! Cardio, abs and combinations - what more could you need after a long day? All abilities welcome!  |
| <b>Spin</b>              | A spin class for all levels! Set to fun music with something for everyone, you will leave the class feeling energised and happy! It's a party on a bike!  |
| <b>Yoga</b>              | A gentle Vinyasa practice, helping us to wind down from the day and into the evening. A series of yoga postures connected into a sequence through flowing movement. Moving the body with the breath, tuning into how we feel and taking what we need from the practice to help switch off from the day. All levels welcome.                             |
| <b>Stong Nation</b>      | High Intensity Tempo Training, every move is synced to the beat meaning the music will motivate you to push through those tough HIIT moves. With a variety of levels for every ability this is a mixed level full body class for anyone to give a try. Expect squats, lunges, push ups, crunches and an occasional burpee if you want to go hard        |
| <b>Zumba</b>             | Zumba is a dance fitness class with a Latin twist. Exercise in disguise you won't even realise you're working out as the music takes you away. Come and join the fun!   |
| <b>Lift Fit</b>          | Studio classes not your thing? I've got you covered! A solid paced, high intensity, full body, lifting class involving all your favourite compound lifts with a little sprinkling of spice with some body weight cardio thrown in for good measure! New to lifting? Have a chat with me beforehand and we can get you sorted - no one gets left behind! |
| <b>HIIT</b>              | A circuit based class using High Intensity Interval Training to get the maximum results.  |
| <b>Dance Fit</b>         | This is an open level class which uses dance as a form of exercise to improve fitness levels. Alongside the physical health benefits, the main aim is to have FUN. I aim to bring good vibes your way, one boogie at a time!  |
| <b>Box n' Burn</b>       | Boxing with a difference! You will learn to work the pads and bags while burning some serious calories!   |
| <b>Ultimate Weights</b>  | Group exercise at it's finest! Learn to lift safely and effectively and work hard to achieve aesthetic, power and strength results of your dreams!  |