



CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM						YOGA SMITA
6:00PM*	PILATES SHEILA	VIRTUAL CLASS BODY BALANCE	SPIN CHRISSIE	YOGA SMITA	VIRTUAL CLASS BODY PUMP	
7:00PM	BOX FUSION KELLY	FIT FUSION KELLY	LIFT FIT CHRISSIE	VIRTUAL CLASS BODY COMBAT	ZUMBA RITA	

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

*The changing rooms are not available until 6pm. Please arrive ready for 6pm classes or use the toilets to change.

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 Membership or have paid for a Class Pass and be booked on in advance. Please visit themill.clubright.co.uk to buy a Membership or class passes. Alternatively, you can sign up with us at reception.

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



DESCRIPTIONS

Pilates	In this class, the instructor likes to push boundaries and do things a little differently to the norm. Their aim is for every individual to come away feeling a personal sense of achievement. There is a range of basic level stretches to dynamic movement, with a goal to end every session with everyone looking taller and feeling happier.
Box Fusion	Box Fusion is a high intensity mix of boxing, weights and body weight movements. Every class will be boxing either on the bags or in pairs and incorporate a range of HIIT exercises using various equipment. The aim of the class is to have fun whilst getting fit and taking out your days frustrations on the bag!
Fit Fusion	Fit Fusion is a fun uplifting class that combines different types of exercises into one class. It focuses on cardio and strength to give you a full body workout. Get ready to sweat, laugh and have fun, no class will be the same!
Spin	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!
Lift Fit	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!
Yoga	This is a movement focused flow class. You will work on developing strength and balanced mobility, utilising breath and moving into relaxation. You will feel revitalised and energised.
Zumba	Time to ditch the workout and join the party! Through a mix of low-intensity and high-intensity moves, and with a fusion of Latin and international rhythms, you'll dance your way through a calorie-burning fitness class. And you'll see why Zumba® classes are called exercise in disguise. All ages, fitness levels and dance abilities are welcome. This is a judgement-free class. Rita will guide you through easy to follow routines with cueing and big smiles.

Body Balance - A mixture of Yoga and Pilates

Body Pump - A high intensity workout, using weights

Body Combat - Martial arts inspired workout