



## Studio Timetable 2023

### Monday

|             |                        |                |                   |
|-------------|------------------------|----------------|-------------------|
| 09:30-10:30 | RETRO Aerobics         | All Levels     | GYM Staff (Liisa) |
| 10:45-17:30 | OPEN HALL              | -              | -                 |
| 18:00-18.50 | Circuits (Please Book) | Intermediate   | GYM Staff (Jade)  |
| 19:15-20:15 | FORMA                  | All Levels (£) | FORMA Instructor  |

### Tuesday

|             |                             |                |                    |
|-------------|-----------------------------|----------------|--------------------|
| 09:30-10:30 | TRX Total Body Conditioning | All Levels     | GYM Staff (James)  |
| 10:45-12:15 | FORMA                       | All Levels (£) | FORMA Instructor   |
| 12:00-17:30 | OPEN HALL                   | -              | -                  |
| 18:00-18:45 | Circuits (Please Book)      | All Levels     | GYM Staff (Jordan) |

### Wednesday

|             |           |   |   |
|-------------|-----------|---|---|
| 08:00-21:00 | OPEN HALL | - | - |
|-------------|-----------|---|---|

### Thursday

|             |                             |                |                   |
|-------------|-----------------------------|----------------|-------------------|
| 09:30-10:30 | TRX Total Body Conditioning | All Levels     | GYM Staff (James) |
| 10:45-17:30 | OPEN HALL                   | -              | -                 |
| 18:00-19:00 | YOGA                        | All Levels     | Maude             |
| 19:00-20:00 | FORMA                       | All Levels (£) | FORMA Instructor  |

### Friday

|             |                                  |              |                    |
|-------------|----------------------------------|--------------|--------------------|
| 09.30-10.30 | RETRO Aerobics                   | All Levels   | GYM Staff (Liisa)  |
| 13:00-17:30 | OPEN HALL                        | -            | -                  |
| 18:00-19:00 | Functional Fitness (Please Book) | Intermediate | GYM Staff (Jordan) |

### Saturday

|             |           |   |   |
|-------------|-----------|---|---|
| 10:30-20:00 | OPEN HALL | - | - |
|-------------|-----------|---|---|

### Sunday

|   |           |                |                  |
|---|-----------|----------------|------------------|
| 09:00-10:30   | FORMA     | All Levels (£) | FORMA Instructor |
| 12:00-20:00   | OPEN HALL | -              | -                |
| ***Fitness Mill classes FREE with gym membership*** |           |                |                  |

For FREE access to our studio classes you need to be enrolled onto the following membership package:  
**'ALL ACCESS' Membership** - Gym and Fitness Mill Studio Classes