



Studio Timetable 2024

Monday

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

Tuesday

09:30-10:30	TRX Strength	All Levels	GYM Staff (James)
10:45-12:15	FORMA	All Levels (£)	FORMA Instructor
12:00-17:30	OPEN HALL	-	-
18:00-19:00	GROUP TRAINING (£)	Intermediate	Rob Cooper
19:00-20:00	FORMA (£)		FORMA Instructor

Wednesday

08:00-17:00	OPEN HALL	-	-
18:00-19:00	Circuits	All Levels	Gym Staff (Seamus)
19:00-20:00	Stretch / Mobility	All Levels	Lily

Thursday

09:30-10:30	TRX Conditioning	All Levels	GYM Staff (Laura)
10:45-17:30	OPEN HALL	-	-
18:00-19:00	GROUP TRAINING (£)	Intermediate	Rob Cooper
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	Circuits	Intermediate	GYM Staff (Seamus)

Saturday

10:30-20:00	OPEN HALL	-	-
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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 **ALL** studio classes you need to be enrolled onto the following membership package:
'ALL ACCESS' Membership - Gym and Fitness Mill Studio Classes