

MONDAY

07:00-22:00

07:10 - 07:55	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX
08:05 - 08:50	BODYPUMP	ANGIE N
08:20 - 09:50	HATHA YOGA	JUDY H
09:00 - 09:55	PILATES MATWORK	ANGIE N
●● 10:00 - 11:15	PILATES MATWORK 3	AKANE
10:00 - 10:15	GYM15 (CORE)	LAB COACHES
10:00 - 10:40	SCULPT	DOMENICO
10:45 - 11:30	SWISS BALL	ANGIE N
11:35 - 12:20	BOXFIT	FERNANDO
12:00 - 13:30	HATHA YOGA	JULIA
12:30 - 13:15	CYCLE CLASSIC	SANDRA
13:30 - 14:15	AQUA	MONIKA
13:30 - 14:15	LATIN DANCE	JESSIE
● 18:00 - 19:00	PILATES BASICS	ALLISON
●● 18:30 - 19:15	STEP	SPHINX
19:00 - 19:15	GYM15 (PADWORKS)	LAB COACHES
19:00 - 20:00	PILATES MATWORK	ALLISON
19:20 - 20:20	BODYPUMP	SPHINX
20:15 - 21:15	STRETCH	ROZ
20:30 - 21:15	CYCLE PERFORMANCE	SPHINX
21:15 - 21:30	CORE FUSION	SPHINX

TUESDAY

07:00-22:00

07:30 - 08:30	YANG YOGA	ANGIE N
08:00 - 08:45	CYCLE CLASSIC	SHANNON
09:15 - 10:00	HIIT	DOMENICO
10:00 - 10:15	GYM15 (SCULPT)	LAB COACHES
●● 10:00 - 11:30	IYENGAR YOGA	TESSA
●● 10:00 - 11:00	SCULPT	JONATHAN
11:15 - 12:15	ZUMBA	GEMMA
13:00 - 13:45	BODYPUMP	KATIA
13:00 - 14:05	PILATES MATWORK	FIONA
●● 14:05 - 15:00	PILATES MATWORK 3	FIONA
● 16:45 - 17:45	PILATES BASICS	AIM'EE
18:30 - 19:10	BOXFIT	FERNANDO
●● 18:30 - 20:00	IYENGAR YOGA	JUDY S
19:00 - 19:45	RUN	TANYA
19:15 - 20:00	AQUA	ZUZANA
●● 19:20 - 20:00	CYCLE CLASSIC	SANDRA
20:05 - 21:30	KUNDALINI YOGA	SIRI ATMA
20:10 - 21:10	PILATES MATWORK	ZUZANA

WEDNESDAY

07:00-22:00

08:00 - 08:55	VINYASA YOGA	BEA
09:00 - 09:55	PILATES MATWORK	LOUISE
09:30 - 10:20	CYCLE PERFORMANCE/CLASSIC	SHANNON
● 10:00 - 11:00	WU STYLE TAI CHI	CHRIS
10:30 - 11:15	BODYPUMP	ANGIE N
●● 11:00 - 12:00	WU STYLE TAI CHI	CHRIS
11:20 - 12:00	CORE FUSION	ANGIE N
●● 12:00 - 13:30	IYENGAR YOGA	JUDY S
●● 12:05 - 13:05	PILATES MATWORK 3	RUTH
13:30 - 14:15	AQUA	MONIKA
14:00 - 15:30	HATHA YOGA	JULIA
17:00 - 18:30	ASHTANGA YOGA	DEBBIE B
18:30 - 20:00	ASHTANGA YOGA	DEBBIE B
18:30 - 19:30	ULTIMATE CONDITIONING	KATIA
19:45 - 20:30	ZUMBA	GEMMA
●● 20:15 - 21:30	PILATES MATWORK 3	ALVIN

KEY

STUDIO 1 / FIRST FLOOR
 STUDIO 2 / GROUND FLOOR
 POOL
 GYM

PAID CLASS
 TIMETABLE CHANGES
 COURSES

● ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
 ● BEGINNER
 ●● INTERMEDIATE

THURSDAY

07:00-22:00

● 08:00 - 08:45	CYCLE CLASSIC	SANDRA
09:15 - 10:00	HIIT	DOMENICO
09:30 - 11:00	IYENGAR YOGA	PATSY
09:35 - 10:20	AQUA	SARA
10:00 - 10:15	GYM15 (PADWORKS)	LAB COACHES
10:15 - 11:00	SCULPT	IONATHAN
11:15 - 12:00	BODYPUMP	DOMENICO
●● 11:15 - 12:15	PILATES MATWORK 3	AIM'EE
14:00 - 15:00	BALLET-TONE	ALEX
14:00 - 15:30	HATHA YOGA	IULIA
18:30 - 19:15	SCULPT	IONATHAN
18:45 - 20:00	OI GONG	NEIL
19:30 - 20:15	CROSS FITNESS	NICK
20:15 - 21:45	YIN/YANG YOGA	MATTHEW

FRIDAY

07:00-22:00

07:10 - 07:55	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX
08:30 - 09:30	PILATES BASICS	PHILIP
09:30 - 09:45	GYM15 (CORE)	LAB COACHES
● 09:30 - 10:25	PILATES MATWORK	PHILIP
09:30 - 10:30	STRETCH	ALEX
10:30 - 11:30	HATHA YOGA	MATTHEW
10:30 - 11:30	SCULPT	ALEX
11:35 - 12:35	HATHA YOGA	MATTHEW
11:45 - 12:25	HIIT	KATIA
12:30 - 13:15	AQUA	SUZANA
12:30 - 13:15	CYCLE PERFORMANCE	MARTA
13:30 - 14:30	ZUMBA	GEMMA
18:00 - 19:00	PILATES MATWORK	RUTH
18:30 - 19:15	ANIMAL FLOW	DOMENICO
19:05 - 20:35	IYENGAR YOGA	SONIA
●● 19:30 - 20:30	SALSA	GILBERT

SATURDAY

08:00-21:00

08:10 - 08:50	CYCLE PERFORMANCE	MARTA
08:55 - 09:35	CYCLE CLASSIC	MARTA
●● 09:00 - 10:30	VINYASA YOGA	NILS
09:30 - 10:15	AQUA	GEMMA
09:45 - 10:30	SCULPT	KATIA
10:00 - 10:15	GYM15	LAB COACHES
●● 10:35 - 11:20	HIIT	KATIA
10:45 - 11:40	PILATES MATWORK 3	SYMEON
11:00 - 11:45	LAB BOOTCAMP	TIBOR
• Outdoors		
11:45 - 13:15	IYENGAR YOGA	CATHERINE
11:45 - 12:30	ZUMBA	JESSIE/STAN
12:30 - 13:30	PILATES MATWORK	SYMEON
16:15 - 17:00	BODYPUMP	SPHINX
● 16:30 - 18:00	HATHA YOGA	MARINA
●● 17:15 - 18:00	CYCLE PERFORMANCE	RICHARD

SUNDAY

08:00-21:00

08:30 - 10:00	VINYASA YOGA	EVA
●● 09:00 - 09:40	CYCLE PERFORMANCE	GEMMA
09:50 - 10:35	SCULPT	GEMMA
10:00 - 10:15	GYM15 (CORE)	LAB COACHES
10:15 - 11:15	STRETCH	ANN/GRACE
10:45 - 11:30	CYCLE CLASSIC	EVA
11:30 - 12:45	PILATES MATWORK 3	ANN/GRACE
11:45 - 12:45	ZUMBA	NATASHA
13:00 - 14:00	STRETCH	ANN/GRACE
18:00 - 19:30	ASHTANGA YOGA	CAROLINE
18:00 - 18:45	CYCLE PERFORMANCE	LUCIA/STAN

APRIL - JULY



TIMETABLE



CLASS ETIQUETTE

- Only attend classes suitable for your fitness level and experience
- Please switch off your mobile phones during all classes.
- Wear clothes and trainers that are comfortable/appropriate for the class
- Take regular sips of water during group fitness sessions to prevent dehydration
- Please inform the instructor of any medical conditions or if you are new/returning to exercise
- All classes must be booked via app or at reception to ensure a space
- Classes can be booked from 8am the previous day.
- Please ensure you cancel if you cannot attend, giving as much notice as possible.
- Please register on reception iPad 5 minutes before class starts otherwise places will be given to those on the waiting list.
- No latecomers are allowed. This is for your own health and safety from inadequate warm-up and to minimise disruption to other members.
- For hygiene reasons, we encourage purchase of your own yoga mat from reception

Our aim is to provide safe, effective and enjoyable classes with professional instruction. All instructors employed are appropriately qualified and experienced. Classes are continually assessed to ensure members enjoy safe and effective workouts. If you have any queries, suggestions or comments, please contact our Studio Co-ordinators: Gemma Barlow studio.muswellhill@labspa.co.uk or Bea Durinikova mindbody@labspa.co.uk

Due to unforeseen circumstances, classes may be subject to change at short notice. Our schedule may be reduced during the summer months and over the holiday periods.

CLASS DESCRIPTIONS

ANIMAL FLOW

Combines quadrupedal and ground-based movement with elements from various body weight training disciplines to create fun.

AQUA

A fun cardio water workout with exercises for toning. Ideal for pre/post natal and anyone who requires a low impact workout.

ASHTANGA YOGA

A dynamic, flowing and athletic sequence of movements synchronized with a deep, warming breath.

BALL

An Aerobic and conditioning class using the Swiss Ball through out the workout. A great workout for your core muscles as all exercises are on the ball.

BALLET-TONE

Full body workout, using traditional ballet technique to lengthen and tone muscles, improve flexibility, posture and balance.

BODYPUMP

BodyPump is a class using barbells and adjustable weights to tone muscles while raising metabolic rate for fat-burning. A ONE-TO-ONE INDUCTION WITH GYM TEAM IS REQUIRED PRIOR TO FIRST CLASS

BOXFIT

A fun cardio workout using skipping, boxing drills and footwork.

CORE

A fun cardio workout using skipping, boxing drills and footwork.

CORE FUSION

A fusion of balance work and abdominal and back conditioning to enhance core strength and stability

CROSS FITNESS

A fun cardio workout using skipping, boxing drills and footwork.

CYCLE CLASSIC

This class is a complete mash up of hills, sprints, climbs & jumps! A ONE-TO-ONE INDUCTION WITH GYM TEAM IS REQUIRED PRIOR TO FIRST CLASS

CYCLE PERFORMANCE

This cycle class is focused on high intervals with hills and flats. Be prepared to feel the heat! A ONE-TO-ONE INDUCTION WITH GYM TEAM IS REQUIRED PRIOR TO FIRST CLASS

DYNAMIC YOGA

A powerful flowing style of yoga that enhances strength & flexibility to challenge you physically & mentally.

EVERYDAY YOGA

An ideal class to experience yoga for the first time although all are welcome. Emphasis is on using breath throughout the postures and if necessary, modifications to suit those with joint concerns.

GYM15 (CORE)

A core workout on the gym floor targeting the lower back and abs.

GYM15 (PADWORKS)

Interval style training burning a serious amount of calories in a short space of time!

GYM15 (SCULPT)

The Gym Team will take you through an all body workout on the gym floor.

HIIT

High Intensity Interval Training - An intense burst of exercises using intervals to get the heart rate up in short blasts.

IYENGAR YOGA

Popularised by BKS Iyengar, this system is somewhat stronger in its form, with bias on precision, placement and technique. Props such as blocks, straps or bolsters may be used.

KUNDALINI YOGA

concentrates on the mind-body connection using breathing, postures, meditations and mantras.

LAB BOOTCAMP

You are in the Lab Army now! Be prepared to be pushed to the limit in this heavy duty conditioning class

LATIN DANCE

This class is inspired by latin dance moves and incorporates light dumbbell exercises to firm the arms.

PILATES BASICS

Developed by Joseph Pilates - interconnected flowing movement with a breathing pattern, integrating mind/ body enhancing energy & relaxation. This foundation class teaches the principles.

PILATES MATWORK 3

For those who have been attending Pilates regularly for at least 2 years. Class involves advanced and evolved dynamic exercises.

PILATES PLUS

Pilates using equipment.

QI GONG

The ancient Chinese art of self-healing. Includes self-Tuina (massage techniques) for health & beauty.

RUN

Training for a 5k or just enjoy keeping fit? An outdoor running workout combining bursts of fast running with recovery periods. Trains you to work more efficiently and makes you faster and fitter!

SALSA

Join the group and learn how to dance the cha-cha-cha-cha and mambo to name a few! Great Fun!

SCULPT

Great way to get in shape. Are you one of these people that hate using the gym? Pump your way to fun and fitness with this weight-assisted class to music.