

**MONDAY**
**06:30-22:30**

07:00 - 07:45 HIIT	WIOLA
08:00 - 09:00 HATHA YOGA	MARCIA
09:00 - 09:45 CLASSIC CYCLE	EMMA
09:30 - 11:00 IYENGAR YOGA	OLIVIA
●● 11:05 - 12:05 PILATES MATWORK II	DEBRA
11:30 - 12:15 AQUA	PANA
11:30 - 12:15 ULTIMATE CONDITIONING	SPHINX
12:15 - 13:00 STRETCH	ANGIE N
● 13:30 - 14:30 PILATES BASICS	DEBRA
17:15 - 18:00 METAFIT	JOE
18:15 - 19:00 BODYPUMP	RUTH
18:30 - 19:30 PILATES MATWORK	KATE
19:10 - 19:55 AQUA	RUTH
19:15 - 20:15 POWER CYCLE	HENRI
19:30 - 21:00 IYENGAR YOGA	JULIE

**TUESDAY**
**06:30-22:30**

07:00 - 07:45 CLASSIC CYCLE • New Teacher	MARTINA C
08:00 - 09:25 VINYASA/FLOW YOGA	AMY
09:10 - 09:40 CORE FUSION	LUCY
09:30 - 10:30 PILATES PLUS	LOUISE
09:45 - 10:30 BODYCOMBAT	CHI
10:30 - 11:15 AQUA	PANA
10:35 - 11:30 YANG YOGA	ANGIE N
10:40 - 11:25 BODYPUMP	CHI
● 11:30 - 12:15 BODY CONDITIONING BASICS	PANA
11:35 - 12:35 RESTORATIVE YOGA	ANGIE N
18:30 - 19:00 BOOTYBLAST • New class Starting Tue 17th Sept	BITA
18:45 - 19:45 PILATES & STRETCH	MARLA
19:05 - 19:50 ZUMBA	LILIANA
20:00 - 21:30 IYENGAR YOGA	NOA

**WEDNESDAY**
**06:30-22:30**

07:00 - 07:45 BODY CONDITIONING	TIBOR
08:15 - 09:00 POWER CYCLE	HENRI
09:10 - 09:55 CLASSIC CYCLE	CLAIRE
●● 09:30 - 11:00 VINYASA/FLOW YOGA	NILS
10:05 - 10:35 GRIT STRENGTH	RUTH
10:35 - 11:35 20/20/20	GRACE
11:00 - 11:45 AQUA	TIBOR
● 11:05 - 12:05 HATHA YOGA	DEBBIE B
12:15 - 13:15 VINYASA/FLOW YOGA	DEBBIE B
13:55 - 14:55 PILATES MATWORK I	MARLA
18:00 - 18:45 POWER CYCLE	SANDRA
18:30 - 19:30 ASHTANGA YOGA	NILS
19:00 - 19:55 BOXING	JAMES
19:35 - 21:05 KUNDALINI YOGA	SIRI ATMA

**KEY**

- STUDIO 1 GROUP FITNESS
- STUDIO 2 MIND BODY
- POOL
- GYM

- PAID CLASS
- TIMETABLE CHANGES
- COURSES

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

**THURSDAY**
**06:30-22:30**

07:00 - 07:45 CIRCUIT TRAINING • New Class	MARTINA C
08:15 - 09:00 CLASSIC CYCLE • New Time	GLENN H
08:15 - 09:15 PILATES MATWORK	LOUISE
09:20 - 10:20 BODYPUMP	RUTH
●● 09:30 - 11:00 IYENGAR YOGA	OLIVIA
10:25 - 10:55 GRIT CARDIO	RUTH
11:00 - 11:45 SCULPT	LUCY
●● 11:05 - 12:00 PILATES MATWORK	DEBRA
11:15 - 12:00 AQUA	MONIKA
● 12:05 - 13:00 PILATES BASICS	DEBRA
13:15 - 14:00 YOGA BASICS • New Class Starting 19th Sept	BEA
18:15 - 19:30 HATHA YOGA	LISA
18:30 - 19:15 BODYPUMP	LUCY
18:30 - 18:45 CORE FUNCTION	LAB COACHES
19:20 - 20:05 AQUA	LUCY
19:20 - 20:05 ZUMBA	SANDRA
20:15 - 21:15 PILATES FUSION	SUZANA

**FRIDAY**
**06:30-22:00**

07:00 - 07:45 BOOTCAMP	NATHAN
07:00 - 08:00 VINYASA/FLOW YOGA	VERONICA
08:15 - 09:00 CLASSIC CYCLE	CLAIRE
08:15 - 09:15 PILATES MATWORK II	KATE
09:15 - 10:00 POWER CYCLE	CLAIRE
09:25 - 10:25 PILATES MATWORK II	KATE
10:10 - 10:55 METAFIT	KENNY
●● 10:30 - 12:00 VINYASA/FLOW YOGA	MARCIA
11:00 - 11:45 SWISS BALL FITNESS	PANA
11:15 - 12:00 AQUA	ZUZANA
12:15 - 13:15 PILATES MATWORK & BALL	MARLA
● 13:30 - 15:00 YOGA GENTLY	NICKY
14:30 - 15:15 WALK CLUB • New class Starting Friday 13th Sept / Meet at reception	PANA
19:20 - 19:35 TOTAL PADWORKS	LAB COACHES

**SATURDAY**
**08:00-22:00**

08:30 - 11:30 PARK RUN/RUN CLUB	RICHARD
08:30 - 09:15 POWER CYCLE	SANDRA
09:00 - 10:00 PILATES MATWORK	ANN
09:15 - 10:00 AQUA	MONIKA
09:25 - 09:55 CORE FUSION	LUCY
10:00 - 10:55 ZUMBA	RUDDY
10:15 - 11:15 PILATES MATWORK	ANN
11:00 - 12:00 BODYPUMP	SPHINX
●● 11:30 - 13:00 VINYASA/FLOW YOGA	CRIS
12:15 - 13:00 CLASSIC CYCLE	SANDRA

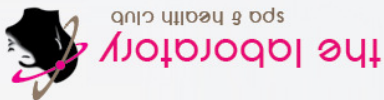
**SUNDAY**
**08:00-22:00**

08:00 - 09:00 TAI CHI	NICK
09:00 - 09:45 CLASSIC CYCLE	HENRI
09:15 - 11:00 IYENGAR YOGA	SHARON K
10:00 - 10:15 HIIT	LAB COACHES
10:00 - 10:45 ZUMBA	NATASHA
10:50 - 11:50 BODYPUMP	LYNN
11:00 - 15:00 KIDS' SUNDAY SPLASH	
11:00 - 12:00 RUN CLUB	RICHARD
●● 11:15 - 12:15 PILATES PLUS	MARIE JO
11:55 - 14:00 TAEKWON-DO • Free to members and their children.	MR LEE
15:00 - 16:00 SWIMMING LESSONS	
18:30 - 19:15 CLASSIC CYCLE	SPHINX
18:30 - 20:00 KUNDALINI YOGA	SIRI ATMA
19:15 - 19:45 CORE & STRETCH	SPHINX

SEPTEMBER - DECEMBER



TIMETABLE



### CLASS ETIQUETTE

- Please speak to the studio instructor regarding suitability of your chosen class.
- Please switch off your mobile phones during all classes.
- All personal belongings to be kept in the changing room lockers.
- Classes can be booked from 8am online on the preceding day, if you have any difficulty please ask a receptionist to book for you.
- 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 at reception to ensure a space
- Please ensure you cancel if you cannot attend, giving as much notice as possible.
- Please register at reception 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 [studio.millhill@labspa.co.uk](mailto:studio.millhill@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

<b>20/20/20</b>	Designed to give you a total body workout. Sweat through 20 mins cardio, 20 mins strength training and 20 mins stretch & core.
<b>AQUA</b>	A fun cardio water workout with exercises for toning. Ideal for pre/post natal and anyone who requires a low impact workout.
<b>ASHTANGA YOGA</b>	A dynamic, flowing and athletic sequence of movements synchronized with a deep, warming breath.
<b>BODYCOMBAT</b>	A non-contact, martial-arts-based class with moves from Karate, Tae Kwon Do, Kung Fu, Kickboxing, Muay Thai and Tai Chi.
<b>BODYPUMP</b>	Uses 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
<b>BOOTCAMP</b>	This is a class that will work every part of your body. A great way to sculpt your body but also a fantastic cardio workout. Go for it! Each exercise lasts 30 secs so you can do as much as you can!
<b>BOOTYBLAST</b>	Firm and shape your glutes and legs with this 30 minute blast using bands and weights
<b>CLASSIC CYCLE</b>	Build fitness through cycling to music using RPM, hills, intervals and sprints
<b>CORE &amp; STRETCH</b>	Movements designed to stretch and strengthen muscles without adding bulk. It will focus on the core and postural muscles working to align the spine and improve posture.
<b>CORE FUSION</b>	A fusion of balance work and abdominal and back conditioning to enhance core strength and stability
<b>GRIT CARDIO</b>	30-minute high-intensity interval training (HIIT) to improve cardio fitness, increase speed and maximize calorie burn. Uses a variety of body-weight exercises.
<b>GRIT STRENGTH</b>	30 minute high-intensity interval training (HIIT) designed to improve strength, cardiovascular fitness and build lean muscle. Uses barbell, weight plate and bodyweight exercises.
<b>HIIT</b>	High intensity interval training. Short periods of fast cardio and strength training with recovery in between.
<b>IYENGAR YOGA</b>	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.
<b>KUNDALINI YOGA</b>	Focuses on mind-body connection using breathing, postures, meditations & mantras.
<b>PARK RUN/RUN CLUB</b>	Training for a marathon or just enjoy running? Join the gym team for this motivating training session outdoors. Sat Int. 10k/Sun Beg. 2-4 miles
<b>PILATES &amp; STRETCH</b>	Incorporates Pilates repertoire with yoga/developmental stretches.
<b>PILATES BASICS</b>	Interconnected flowing movement with a breathing pattern, integrating mind/ body enhancing energy & relaxation. This foundation class teaches the principles.
<b>PILATES MATWORK</b>	A series of interconnected flowing movements, each with a purpose and a breathing pattern, integrating mind and body resulting in increased energy & relaxation
<b>PILATES MATWORK &amp; BALL</b>	Focusing on precision and flow, work through a series of movements aimed to mobilise and strengthen areas of excess tension and bring the body back to alignment.
<b>PILATES MATWORK II</b>	A more powerful class than level I, with added moves and progressions.
<b>PILATES PLUS</b>	Pilates using equipment.
<b>POWER CYCLE</b>	A class to lead you through 5 coloured zones, using your FTP score ensuring you are training at the right intensity to maximise the benefits of cycling
<b>RESTORATIVE YOGA</b>	Restore and renew the body and mind using props to support the body so you can 'let go'.
<b>RUN CLUB</b>	NB: Member-led running club. Sat: Int. 10K Sun: Beg. 2 - 4 miles.
<b>SCULPT</b>	45min muscle toning using resistance band and weights. Designed to strengthen, sculpt and tone legs, glutes and core, includes full body stretch to relax and lengthen your muscles. Suitable for all.
<b>SWISS BALL FITNESS</b>	Fun with aerobics and a Swiss Ball. Routine designed to burn calories through basic aerobic movements and core work on the Swiss Ball.
<b>TAI CHI</b>	A series of self-defence moves linked together in a sequence practised slowly. Cultivates internal strength and tenacity promoting good health and longevity.
<b>ULTIMATE CONDITIONING</b>	Great way to get in shape. Hate using the gym? Pump your way to fun and fitness with this weight-assisted class.
<b>VINYASA/FLOW YOGA</b>	Characterized by stringing postures together - moving seamlessly, using breath. Commonly referred to as "flow" yoga, offer a variety of postures and no two classes are ever alike.
<b>YANG YOGA</b>	Yang yoga is a term used to describe the more dynamic and active forms of yoga. Ashtanga yoga, Hatha yoga, and Vinyasa yoga are specific styles that could be included as a yang practice.