

MONDAY

07:00-22:00

07:10 - 07:55	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX O
08:05 - 08:50	BODYPUMP	ANGIE N
08:20 - 09:50	HATHA YOGA	JUDY H
08:55 - 09:50	PILATES MATWORK	ANGIE N
●● 10:00 - 11:15	PILATES MATWORK 3	AKANE
10:00 - 10:40	SCULPT	DOMENICO
10:45 - 11:25	SWISS BALL	ANGIE N
11:45 - 12:30	POWER RIDE	SANDRA
• New Time		
12:00 - 13:30	HATHA YOGA	JULIA
13:30 - 14:15	AQUA	MONIKA
13:30 - 14:15	LATIN DANCE	JESSIE
● 18:00 - 19:00	PILATES BASICS	ALLISON
18:30 - 19:15	ULTIMATE CONDITIONING	KATIA
19:00 - 20:00	PILATES MATWORK	ALLISON
19:20 - 20:20	BODYPUMP	SPHINX
20:15 - 21:15	STRETCH	ROZ
20:30 - 21:15	POWER RIDE	SPHINX
21:15 - 21:30	CORE FUSION	SPHINX

TUESDAY

07:00-22:00

07:30 - 08:30	YANG YOGA	ANGIE N
08:05 - 08:50	POWER RIDE	MARTA
• New Time		
09:15 - 09:45	HIIT	DOMENICO
●● 10:00 - 11:30	IYENGAR YOGA	TESSA
●● 10:00 - 11:00	SCULPT	JONATHAN
11:15 - 12:15	ZUMBA	GEMMA
11:45 - 12:45	VINYASA/FLOW YOGA	LISA
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 - 19:00	BOXFIT	JAMES
●● 18:30 - 20:00	IYENGAR YOGA	JUDY S
19:05 - 19:50	RUNNING CLUB	TANYA
●● 19:10 - 19:55	POWER RIDE	SANDRA
19:15 - 20:00	AQUA	ZUZANA
20:05 - 21:35	KUNDALINI YOGA	SIRI ATMA
20:15 - 21:00	CIRCUIT TRAINING	DOMENICO
• New class		

WEDNESDAY

07:00-22:00

08:05 - 08:55	VINYASA/FLOW YOGA	BEA
09:00 - 09:55	PILATES PLUS	LOUISE
09:30 - 10:15	CYCLE CLASSIC	RICHARD
● 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	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 - 19:15	ULTIMATE CONDITIONING	KATIA
19:30 - 20:15	ZUMBA	ANELIA
●● 20:15 - 21:15	PILATES MATWORK 3	ALVIN
20:30 - 21:30	PELTON	RICHARD
• Starts 15th of Jan until 19th of Feb		

KEY

● STUDIO 1 / FIRST FLOOR	● PAID CLASS	ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
● STUDIO 2 / GROUND FLOOR	● TIMETABLE CHANGES	
● POOL	□ COURSES	● BEGINNER
● GYM		●● INTERMEDIATE

THURSDAY

07:00-22:00

● 08:05 - 08:50	POWER RIDE	RICHARD
• New Time		
09:15 - 10:00	HIIT	DOMENICO
09:30 - 11:00	IYENGAR YOGA	PATSY
09:35 - 10:20	AQUA	SARA
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 W
14:00 - 15:30	HATHA YOGA	IULIA
18:30 - 19:15	SWISS BALL	IONATHAN
18:45 - 20:00	OI GONG	NEIL
19:30 - 20:15	CROSS FITNESS	NICK
20:15 - 21:45	YIN/YANG YOGA	MATTHEW
20:30 - 21:00	STRONG BY ZUMBA	ANELIA
• New Class		

FRIDAY

07:00-22:00

07:10 - 07:55	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX O
08:30 - 09:30	PILATES BASICS	PHILIP
● 09:30 - 10:25	PILATES MATWORK	PHILIP
09:30 - 10:30	STRETCH	ALEX W
10:30 - 11:30	HATHA YOGA	MATTHEW
10:30 - 11:30	SCULPT	ALEX W
11:40 - 12:40	HATHA YOGA	MATTHEW
11:45 - 12:15	HIIT	KATIA
12:30 - 13:15	AQUA	ZUZANA
12:30 - 13:15	CYCLE PERFORMANCE	MARTA
13:30 - 14:30	ZUMBA	GEMMA
18:00 - 19:00	PILATES MATWORK	RUTH
● 18:30 - 19:00	SALSA	HAZ
• New class		
●● 19:00 - 20:00	SALSA	HAZ
19:05 - 20:35	IYENGAR YOGA	SONIA

SATURDAY

08:00-21:00

08:10 - 08:50	CYCLE PERFORMANCE	MARTA/STAN
08:55 - 09:35	POWER RIDE / CLASSIC CYCLE	MARTA/STAN
●● 09:00 - 10:30	VINYASA/FLOW YOGA	NILS
09:30 - 10:15	AQUA	GEMMA
09:45 - 10:30	SCULPT	KATIA
●● 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 - 09:15	CYCLE PERFORMANCE/POWER RIDE	ALEX T
• New class		
08:30 - 10:00	VINYASA/FLOW YOGA	EVA
09:30 - 10:15	SCULPT	GEMMA
• New Time		
10:15 - 11:15	STRETCH	ANN/GRACE
10:30 - 11:15	CYCLE CLASSIC	EVA
• New Time		
10:45 - 11:30	CROSS FITNESS	NICK
• members £5 non members £10		
11:30 - 12:30	PILATES MATWORK 3	ANN/GRACE
11:45 - 12:45	ZUMBA	NATASHA
12:45 - 13:45	STRETCH	ANN/GRACE
18:00 - 19:30	ASHTANGA YOGA	CAROLINE
18:00 - 18:45	CYCLE PERFORMANCE	LUCIA/STAN

JANUARY - APRIL



TIMETABLE



spa & health club

the laboratory

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

- 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.
- BALLET-TONE** Full body workout, using traditional ballet technique to lengthen and tone muscles, improve flexibility, posture and balance.
- BODYPUMP** Using barbells/adjustable weights to tone muscles & raise metabolism for fat-burning. ONE-TO-ONE INDUCTION REQUIRED PRIOR TO FIRST CLASS
- BOXFIT** A fun cardio workout using skipping, boxing drills and footwork.
- CIRCUIT TRAINING** A powerful circuit class with stations to target stamina, strength and endurance.
- CORE FUSION** A fusion of balance work and abdominal and back conditioning to enhance core strength and stability
- CROSS FITNESS** A high energy interval workout using a variety of fitness principles and equipment.
- CYCLE CLASSIC** This class is a complete mash up of hills, sprints, climbs & jumps!
- CYCLE PERFORMANCE** This cycle class is focused on high intervals with hills and flats. Be prepared to feel the heat!
- HATHA YOGA** A general category that includes most yoga styles. Includes practice of asanas (yoga postures) and pranayama (breathing exercises), Ideal to experience yoga for the first time ... all are welcome.
- 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** A fun and easy-to-follow dance class. Great for coordination, using basic Latin rhythms and moves.
- 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.
- POWER RIDE** Guided intensity-level class - light to maximum effort assigned to colours. Class will push you to your individual limit and maximize your training. 1-2-1 induction to be completed before first class.
- QI GONG** The ancient Chinese art of self-healing. Includes self-Tuina (massage techniques) for health & beauty.
- RUNNING CLUB** 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 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.
- STRETCH** Over worked or over 'worked out' you need this class to stretch, unwind those tight muscles and improve your range of movement.
- SWISS BALL** Slow focused exercises designed to tone your deeper muscles, enhancing strength and improving balance using the stability ball.
- ULTIMATE CONDITIONING** Great way to get in shape. Hate using the gym? Pump your way to fun and fitness with this weight-assisted class.
- VINYASA/FLOW YOGA** 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.
- WALK** Join the Gym Team on a walking route outdoors. For more information please speak to one of the Team.
- WU STYLE TAI CHI** A series of self-defence moves linked together in a sequence practised slowly. Cultivates internal strength Promotes good health & longevity.
- YANG YOGA** 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.
- YIN/YANG YOGA** Blends two styles of yoga into one practice - bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures.
- ZUMBA** A fun cardio workout using different styles of dance. Come join the party!