

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

08:00 - 09:00 HATHA YOGA	MARCIA
09:15 - 10:00 CLASSIC CYCLE	RUSSELL
09:30 - 10:30 IYENGAR YOGA	OLIVIA
10:30 - 11:15 BODYCOMBAT	KIM
11:00 - 11:45 AQUA	PANA
11:45 - 12:30 LES MILLS BARRE	KIM
● 13:30 - 14:30 PILATES BASICS	DEBRA
17:15 - 18:00 METAFIT	JOE
• *Streamed Class*	
18:15 - 19:15 YANG/YIN YOGA	BEA
18:30 - 19:15 BODYPUMP	NINA
19:35 - 20:20 CLASSIC CYCLE	MUNISHA
20:00 - 21:00 PILATES BASICS	ZUZANA

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

09:15 - 10:00 SCULPT	LUCY
• *Streamed Class*	
09:45 - 10:45 PILATES MATWORK	ZUZANA
• starts 15 Sept	
10:00 - 10:45 AQUA	PANA
10:30 - 11:15 BODYPUMP	CHI
11:05 - 12:05 VINYASA/FLOW YOGA	BEA
● 11:45 - 12:30 BODY CONDITIONING	PANA
12:30 - 13:30 RESTORATIVE YOGA	BEA
17:30 - 18:00 KETTLERCISE	MARIA B
18:30 - 19:00 BOOTYBLAST	BITA
• *Streamed Class*	
18:45 - 19:45 PILATES & STRETCH	MARLA
19:00 - 19:45 AQUA	MARIA M
19:20 - 20:05 ZUMBA	VERITY
• *Streamed Class*	
20:15 - 21:15 IYENGAR YOGA	NOA
• *Streamed Class*	

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

09:15 - 10:00 CLASSIC CYCLE	CLAIRE
●● 09:30 - 10:30 VINYASA/FLOW YOGA	VERONICA
10:30 - 11:15 BODYPUMP	RUTH
11:00 - 11:45 AQUA	TIBOR
● 11:00 - 12:00 HATHA YOGA	MARCIA
13:30 - 14:30 PILATES MATWORK I	MARLA
• *Streamed Class*	
17:30 - 18:15 BODYCOMBAT	MARIA M
●● 18:30 - 19:30 VINYASA/FLOW YOGA	SEAMUS
18:40 - 19:25 POWER CYCLE	SANDRA
19:45 - 20:30 METAFIT	JOE
20:00 - 21:00 KUNDALINI YOGA	SIRI ATMA

**KEY**

● STUDIO 1 GROUP FITNESS	£ PAID CLASS	ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
● STUDIO 2 MIND BODY	◻ TIMETABLE CHANGES	
● POOL	◻ COURSES	
● GYM	● BEGINNER	●● INTERMEDIATE

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

●● 09:30 - 10:30 IYENGAR YOGA	OLIVIA
09:30 - 10:15 SCULPT	LUCY
10:45 - 11:30 BODYCOMBAT	CHI
11:00 - 11:45 AQUA	MONIKA
●● 11:15 - 12:15 PILATES MATWORK	DEBRA
• *Streamed Class*	
12:00 - 12:45 LES MILLS BARRE	KIM
• *Streamed Class*	
● 13:00 - 14:00 YOGA BASICS	BEA
18:15 - 19:00 BODYPUMP	LUCY
18:30 - 19:30 HATHA YOGA	LYNNE
• *Streamed Class*	
19:30 - 20:15 ZUMBA	RUDDY
• *Streamed Class*	

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

07:30 - 08:15 CLASSIC CYCLE	CLAIRE
08:15 - 09:15 PILATES MATWORK II	KATE
09:15 - 10:00 METAFIT	KENNY
10:00 - 10:45 BARRELATES	ZUZANA
• *Streamed Class*	
●● 10:30 - 11:15 BODY CONDITIONING	PANA
• *Streamed Class*	
11:00 - 11:45 AQUA	ZUZANA
11:10 - 11:55 BODYCON	PANA
●● 11:30 - 12:30 VINYASA/FLOW YOGA	MARCIA
• *Streamed Class*	
18:30 - 19:30 IYENGAR YOGA	MAGGIE
• starts 18 Sept	

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

08:30 - 09:15 CLASSIC CYCLE	LUCY
09:00 - 09:45 AQUA	MONIKA
09:00 - 10:00 PILATES MATWORK	ANN
• *Streamed Class*	
09:45 - 10:30 ZUMBA	RUDDY
●● 10:45 - 11:45 VINYASA/FLOW YOGA	BEA
11:00 - 11:45 BODYPUMP	LUCY
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	GLENN H
09:30 - 10:30 IYENGAR YOGA	SHARON K
10:15 - 11:00 ZUMBA	NATASHA
• *Streamed Class*	
●● 11:30 - 12:30 PILATES PLUS	MARIE JO
11:30 - 12:15 SCULPT	MUNISHA
• *Streamed Class*	
12:45 - 14:45 TAEKWON-DO	MR LEE
• Free to members and their children.	
18:30 - 19:15 CLASSIC CYCLE	ALEX
18:30 - 20:00 KUNDALINI YOGA	SIRI ATMA
• *Streamed Class*	

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>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>BARRELATES</b>	Where Pilates meets Barre. A fusion of mat Pilates and Barre using music to energize and motivate you to move.
<b>BODY 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>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>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>HATHA YOGA</b>	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.
<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>LES MILLS BARRE</b>	Without the traditional barre the muscles supporting your body's stability and strength become the focus targeting the legs glutes and core muscles, to tone, shape, condition and stretch.
<b>METAFIT</b>	A complete full-body workout designed to strip fat, burn calories, spike your metabolism and improve functional fitness.
<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 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>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>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>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>YOGA BASICS</b>	Class for everyone who is new for yoga; we focus on breath, basic asanas (postures) and we will start with sun salutations break down to warm up our body.
<b>ZUMBA</b>	Latin-inspired cardio-dance workout that uses music and choreographed steps to create a fitness party atmosphere.