

MONDAY

07:00-22:00

- 08:15 - 09:15 **HATHA YOGA** LYNNE
• *Streamed live
- 08:30 - 09:15 **BODYPUMP** JO
- 09:45 - 10:30 **SCULPT** DOMENICO
• *Streamed live
- 10:00 - 11:00 **PILATES MATWORK 3** AKANE
- 11:30 - 12:15 **POWER RIDE** SANDRA
- 12:00 - 13:00 **HATHA YOGA** JULIA
- 13:00 - 13:45 **AQUA** MONIKA
- 16:30 - 17:30 **VINYASA/FLOW YOGA** BEA
- 18:00 - 19:00 **PILATES BASICS** ALLISON
• *Streamed live
- 18:30 - 19:15 **ULTIMATE CONDITIONING** KATIA
- 19:30 - 20:30 **PILATES MATWORK** ALLISON
• *Streamed live
- 19:45 - 20:30 **ZUMBA** VERITY
• *Streamed live

TUESDAY

07:00-22:00

- 08:00 - 08:45 **CYCLE PERFORMANCE** MARTA
- 08:00 - 09:00 **PILATES MATWORK** LOUISE
• *starting 22nd September
- 10:00 - 11:00 **IYENGAR YOGA** CATHERINE
- 10:00 - 10:45 **SCULPT** TRACEY
- 11:30 - 12:15 **ZUMBA** ANELIA
- 11:45 - 12:45 **VINYASA/FLOW YOGA** LISA
• *Streamed live
- 13:00 - 14:00 **PILATES MATWORK** FIONA
- 18:30 - 19:30 **IYENGAR YOGA** OLIVIA
- 19:00 - 19:45 **AQUA** ZUZANA
- 19:00 - 19:45 **POWER RIDE** SANDRA
- 20:00 - 21:00 **KUNDALINI YOGA** SIRI ATMA
- 20:15 - 21:00 **HIIT** JAMES

WEDNESDAY

07:00-22:00

- 08:00 - 08:45 **CYCLE CLASSIC** TRACEY
- 08:00 - 09:00 **VINYASA/FLOW YOGA** BEA
• *Streamed live
- 09:30 - 10:30 **PILATES PLUS** LOUISE
- 11:00 - 11:45 **BALLET BARRE** GEMMA
• *Streamed live
- 11:00 - 12:30 **IYENGAR YOGA** JUDY S
- 12:00 - 13:00 **WU STYLE TAI CHI** CHRIS
- 12:00 - 12:45 **ZUMBA** GEMMA
- 13:00 - 13:45 **AQUA** MONIKA
- 18:30 - 19:30 **ROCKET YOGA** JUNG
- 18:30 - 19:15 **ULTIMATE CONDITIONING** KATIA
• *Streamed live
- 19:45 - 20:30 **BODYPUMP** LEANNE
- 20:00 - 21:00 **PILATES MATWORK 3** ZUZANA
• *Streamed live

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 **POWER RIDE** RICHARD
- 09:00 - 09:45 **AQUA** GEZA
- 09:15 - 10:00 **HIIT** DOMENICO
• *Streamed live
- 09:30 - 10:30 **IYENGAR YOGA** OLIVIA
- 10:30 - 11:15 **BODYPUMP** GEZA
- 12:00 - 13:00 **PILATES MATWORK** FIONA
- 12:15 - 13:00 **ZUMBA** GEMMA
- 14:00 - 15:00 **HATHA YOGA** JULIA
- 18:30 - 19:30 **QI GONG** NEIL
• Lab Garden (Weather permitted)
- 19:30 - 20:15 **CROSS FITNESS** NICK
- 20:00 - 21:00 **YANG/YIN YOGA** BEA

FRIDAY

07:00-22:00

- 08:00 - 08:45 **CYCLE PERFORMANCE** AGNIESKA
- 08:00 - 09:00 **PILATES BASICS** PHILIP
• *Streamed live
- 09:30 - 10:15 **SCULPT** KAREN
- 10:30 - 11:30 **HATHA YOGA** LISA
- 11:00 - 11:45 **STRONG NATION** ANELIA
- 12:00 - 13:00 **WU STYLE TAI CHI** CHRIS
- 12:30 - 13:15 **CYCLE PERFORMANCE** MARTA
- 13:00 - 13:45 **AQUA** ZUZANA
- 18:00 - 19:00 **PILATES MATWORK** ANN
- 18:00 - 19:00 **SALSA** HAZ
• *Streamed live
- 19:30 - 20:15 **HIIT** JAMES
- 19:30 - 20:30 **IYENGAR YOGA** SONIA

SATURDAY

08:00-21:00

- 08:05 - 08:45 **CYCLE CLASSIC** STAN
- 09:00 - 10:00 **VINYASA/FLOW YOGA** BEA
- 09:00 - 09:45 **ZUMBA** STAN
• *Streamed live
- 10:00 - 10:45 **SCULPT** KATIA
• *Streamed live
- 10:30 - 11:30 **PILATES MATWORK 3** SYMEON
- 11:00 - 11:45 **HIIT** KATIA
- 12:00 - 13:00 **IYENGAR YOGA** CATHERINE
- 12:30 - 13:30 **PILATES MATWORK** SYMEON
• *Streamed live
- 16:15 - 17:00 **BODYPUMP** YVONNE
- 16:30 - 17:30 **HATHA YOGA** MARINA
• *Streamed live
- 17:30 - 18:15 **CYCLE PERFORMANCE** RICHARD

SUNDAY

08:00-21:00

- 09:00 - 10:00 **VINYASA/FLOW YOGA** EVA
• *Streamed live
- 09:15 - 10:00 **SCULPT** TIBOR
- 10:15 - 11:00 **LAB BOOTCAMP** TIBOR
- 10:30 - 11:15 **CYCLE CLASSIC** EVA
- 10:30 - 11:15 **STRETCH** ANN
- 11:45 - 12:30 **ZUMBA** NATASHA
- 12:00 - 13:00 **PILATES MATWORK** ANN
- 18:00 - 19:00 **ASHTANGA YOGA** CAROLINE
- 18:00 - 18:45 **CYCLE PERFORMANCE** LUCIA

SEPTEMBER - DECEMBER



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 7 days minus 2 hours in advance..
- Please ensure you cancel if you cannot attend, giving as much notice as possible.
- 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
- There is a 2-hour cancellation policy, if you cancel less than 2 hours before the class. this will not be possible.

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 BARRE** 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
- 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
- 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.
- ROCKET YOGA** Ashtanga Yoga System because we study our self through breath, bandha and dristi. Deeper and more illusive than traditional Ashtanga Yoga practice itself!
- 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.
- STRONG NATION** Combines body-weight, muscle conditioning, cardio and plyometric training moves specifically designed and synced original music. Please bring a mat.
- 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.
- 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/YIN YOGA** Brings together benefits of passively holding soft, deep and meditative yoga poses for 3-5minutes (YIN) with more dynamic sequences and standing postures (YANG)
- ZUMBA** A fun cardio workout using different styles of dance. Come join the party!