

MONDAY
07:00-22:00

08:15 - 09:15 HATHA YOGA • *Streamed live	LYNNE
08:30 - 09:15 BODYPUMP	JO
09:45 - 10:30 SCULPT • *Streamed live	DOMENICO
●● 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 • *Streamed live	ALLISON
18:30 - 19:15 ULTIMATE CONDITIONING	KATIA
19:30 - 20:30 PILATES MATWORK • *Streamed live	ALLISON
19:45 - 20:30 ZUMBA • *Streamed live	VERITY

TUESDAY
07:00-22:00

08:00 - 08:45 CYCLE PERFORMANCE	MARTA
08:00 - 09:00 PILATES MATWORK	LOUISE
●● 10:00 - 11:00 IYENGAR YOGA	MAGGIE
10:00 - 10:45 SCULPT	TRACEY
11:30 - 12:15 ZUMBA	ANELIA
11:45 - 12:45 VINYASA/FLOW YOGA • *Streamed live	LISA
13:00 - 14:00 PILATES MATWORK • *Streamed live	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 • *Streamed live	BEA
09:30 - 10:30 PILATES PLUS	LOUISE
11:00 - 11:45 BALLET BARRE • *Streamed live	GEMMA
●● 11:00 - 12:30 IYENGAR YOGA • *Outdoor class (weather permitted)	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 • *Streamed live	KATIA
19:45 - 20:30 BODYPUMP	LEANNE
●● 20:00 - 21:00 PILATES MATWORK 3 • *Streamed live	ZUZANA

KEY

● STUDIO 1 / FIRST FLOOR	● PAID CLASS	ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
● STUDIO 2 / GROUND FLOOR	■ TIMETABLE CHANGES	
● POOL	□ COURSES	
● GYM	● 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 • *Streamed live	DOMENICO
09:30 - 10:30 IYENGAR YOGA	OLIVIA
10:30 - 11:15 BODYPUMP	GEZA
12:00 - 13:00 PILATES MATWORK	FIONA
14:00 - 15:00 HATHA YOGA	IULIA
18:30 - 19:30 OI GONG	NEIL
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 • *Streamed live	PHILIP
09:30 - 10:15 SCULPT	KAREN
10:30 - 11:30 HATHA YOGA	LISA
10:30 - 11:15 ZUMBA	ANELIA
11:30 - 12:15 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 • *Streamed live	HAZ
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 • *Streamed live	STAN
10:00 - 10:45 SCULPT • *Streamed live	KATIA
10:45 - 11:45 PILATES MATWORK 3	SYMEON
11:00 - 11:45 HIIT	KATIA
12:00 - 13:00 IYENGAR YOGA	CATHERINE
12:30 - 13:30 PILATES MATWORK • *Streamed live	SYMEON
16:15 - 17:00 BODYPUMP	YVONNE
● 16:30 - 17:30 HATHA YOGA • *Streamed live	MARINA
17:30 - 18:15 CYCLE PERFORMANCE	RICHARD

SUNDAY
08:00-21:00

09:00 - 10:00 VINYASA/FLOW YOGA • *Streamed live	EVA
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!