

MONDAY 07:00-22:00

08:30 - 09:15	BODYPUMP	JO
09:45 - 10:30	SCULPT	DOMENICO
• *Streamed live		
●● 10:30 - 11:30 PILATES MATWOK 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
• *Outside in garden*		
19:45 - 20:30	ZUMBA	VERITY
• *Streamed live		

TUESDAY 07:00-22:00

08:00 - 08:45	CYCLE PERFORMANCE	MARTA
●● 10:00 - 11:00 IYENGAR YOGA MAGGIE		
10:00 - 10:45	SCULPT	TRACEY
• *Outside in garden*		
11:30 - 12:15	ZUMBA	SABRINA
• *Streamed live		
11:45 - 12:45	VINYASA/FLOW YOGA	LISA
• *Streamed live		
12:30 - 13:30	BALLET-TONE	ALEX W
• *Streamed live		
13:00 - 13:45	AQUA	MARIANA
13:00 - 14:00	PILATES MATWOK	FIONA
• *Streamed live		
13:45 - 14:30	STRETCH	ALEX W
• *Streamed live		
●● 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

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
10:00 - 10:45	LAB BOOTCAMP	DOMENICO
• *Outside in garden		
11:00 - 11:45	BALLET BARRE	GEMMA
• *Streamed live		
11:00 - 12:30	IYENGAR YOGA	JUDY S
• *Outside in garden		
●● 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	HATHA YOGA	JUDY H
18:30 - 19:15	ULTIMATE CONDITIONING	KATIA
• *Outside in garden*		
19:45 - 20:30	BODYPUMP	LEANNE
●● 20:00 - 21:00 PILATES MATWOK 3 ZUZANA		
• *Streamed live		

THURSDAY 07:00-22:00

08:00 - 08:45	POWER RIDE	RICHARD
09:00 - 09:45	AQUA	GEZA
09:15 - 10:00	HIIT	DOMENICO
• *Outside in garden*		
09:30 - 10:30	IYENGAR YOGA	OLIVIA
10:30 - 11:15	BODYPUMP	GEZA
11:00 - 12:00	PILATES MATWOK	FIONA
14:00 - 15:00	HATHA YOGA	JULIA
• *Streamed live		
18:30 - 19:30	QI GONG	NEIL
18:30 - 19:15	SCULPT	JONATHAN
• *Streamed live		
19:00 - 19:45	AQUA	ZUZANA
20:00 - 21:00	YANG/YIN YOGA	BEA

FRIDAY 07:00-22:00

07:15 - 08:00	CYCLE PERFORMANCE	AGNIESKA
08:00 - 09:00	PILATES BASICS	PHILIP
• *Streamed live		
09:30 - 10:15	SCULPT	GEMMA
• *Outside in garden*		
10:30 - 11:30	HATHA YOGA	LISA
10:30 - 11:15	ZUMBA	ANELIA
12:15 - 13:00	AQUA	ZUZANA
12:30 - 13:15	POWER RIDE	MARTA
19:00 - 20:00	IYENGAR YOGA	SONJA

SATURDAY 08:00-21:00

08:05 - 08:45	CYCLE CLASSIC	STAN
08:30 - 09:15	LAB BOOTCAMP	TIBOR
• *Outside in garden*		
●● 09:00 - 10:00 VINYASA/FLOW YOGA BEA		
09:00 - 09:45	ZUMBA	STAN
• *Streamed live		
10:00 - 10:45	SCULPT	KATIA
• *Streamed live		
10:45 - 11:45	PILATES MATWOK 3	SYMEON
• *Streamed live		
11:00 - 11:45	CORE FUSION	KATIA
• *Outside in garden*		
12:00 - 13:00	IYENGAR YOGA	CATHERINE
16:15 - 17:00	BODYPUMP	YVONNE
● 17:00 - 18:00 HATHA YOGA MARINA		
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	MONIKA
• *Outside in garden*		
10:15 - 11:00	CYCLE CLASSIC	EVA
10:15 - 11:00	LAB BOOTCAMP	MONIKA
• *Outside in garden*		
10:30 - 11:30	PILATES MATWOK	ANN
• *Streamed live		
11:30 - 12:15	ZUMBA	NATASHA
12:00 - 13:00	STRETCH	ANN
18:00 - 19:00	ASHTANGA YOGA	CAROLINE
18:00 - 18:45	CYCLE PERFORMANCE	SANDRA

KEY

- STUDIO 1 / FIRST FLOOR
- STUDIO 2 / GROUND FLOOR
- POOL
- GARDEN
- 🏠 PAID CLASS
- 📅 TIMETABLE CHANGES
- ☐ COURSES
- ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
- BEGINNER
- INTERMEDIATE

MAY-JULY



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.
- 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**
- CORE FUSION** A fusion of balance work and abdominal and back conditioning to enhance core strength and stability
- 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.
- 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.
- 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 3-5 minutes (YIN) with more dynamic sequences and standing postures (YANG)
- ZUMBA** A fun cardio workout using different styles of dance. Come join the party!