

## MONDAY 06:30-22:30

07:00 - 07:45 HIIT ME UP	JOSHUA
08:00 - 09:00 HATHA YOGA	MARCIA
09:15 - 10:45 IYENGAR YOGA	OLIVIA
09:30 - 10:15 CLASSIC CYCLE	MUNISHA
10:45 - 11:30 TOTAL BODY WORKOUT	KIM
11:10 - 11:55 AQUA	PANA
11:15 - 12:15 PILATES MATWORK II	ZUZANA
11:45 - 12:30 BALLET BARRE	KIM
12:30 - 13:30 YOGA GENTLY	LYNNE
13:10 - 13:55 AQUA	ZUZANA
17:45 - 18:30 CORE FUSION	IONE
18:30 - 19:30 YANG/YIN YOGA	BEA
18:35 - 19:20 BODYPUMP	JO
19:30 - 20:15 BURN IT TO EARN IT	DOMINIC

## TUESDAY 06:30-22:30

08:15 - 09:00 STRETCH & MOBILISE	ANGIE N
08:35 - 09:05 CIRCUIT TRAINING	JADE
09:10 - 10:05 PILATES MATWORK	ANGIE N
09:15 - 10:00 SCULPT	LUCIE B
10:10 - 10:55 AQUA	MARLENE
10:15 - 11:00 BODYPUMP	CHI
10:15 - 11:10 VINYASA/FLOW YOGA	BEA
● 11:15 - 12:00 BODY CONDITIONING	PANA
12:15 - 13:00 CORE FUSION	IONE
17:45 - 18:30 KETTLERCISE	MARIA B
18:40 - 19:25 CLASSIC CYCLE	LUCY N
18:45 - 19:45 PILATES & STRETCH	MARLA
19:10 - 19:55 AQUA	MARIANNA
19:45 - 21:15 SHAOLIN KICKBOXING	GERRY

## WEDNESDAY 06:30-22:30

07:00 - 07:45 HIIT ME UP	JOSHUA
09:15 - 10:00 CLASSIC CYCLE	CLAIRE
●● 09:30 - 10:30 VINYASA/FLOW YOGA	NILS
10:10 - 10:55 LEGS, GLUTES & CORE	JADE
● 11:00 - 12:00 PILATES MATWORK	MARLA
11:00 - 11:45 TOTAL BODY WORKOUT	KIM
11:10 - 11:55 AQUA	MUNISHA
12:00 - 12:45 STRETCH & BARRE	KIM
12:15 - 13:15 HATHA YOGA	LYNNE
17:30 - 18:15 ULTIMATE CONDITIONING	IONE
18:20 - 19:05 ZUMBA	IONE
18:45 - 19:45 HATHA YOGA	LISA
19:15 - 20:00 CLASSIC CYCLE	SANDRA
20:00 - 21:30 KUNDALINI YOGA	SIRI ATMA

### KEY

- STUDIO 1 GROUP FITNESS
- STUDIO 2 MIND BODY
- POOL
- GYM

- PAID CLASS
- TIMETABLE CHANGES
- COURSES

ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED

- BEGINNER
- INTERMEDIATE

## THURSDAY 06:30-22:30

07:00 - 07:45 CYCLE & CORE BLAST	SANDRA
●● 09:30 - 11:00 IYENGAR YOGA	OLIVIA
09:30 - 10:15 SCULPT	LUCIE B
10:15 - 11:00 BODYPUMP	CHI
11:10 - 11:55 AQUA	MONIKA
●● 11:30 - 12:30 PILATES & STRETCH	LEONA
11:30 - 12:15 STEP	JADE
12:35 - 13:20 CYCLE	CLAIRE
13:00 - 14:00 RESTORATIVE YOGA	JUDY H
18:10 - 18:55 BODYPUMP	MARIA M
18:30 - 19:30 PILATES MATWORK	ANN
19:05 - 19:50 ZUMBA	RUDDY
19:45 - 20:45 YANG/YIN YOGA	LISA

## FRIDAY 06:30-22:00

08:15 - 09:00 CLASSIC CYCLE	CLAIRE
08:15 - 09:15 PILATES MATWORK II	BETHAN
09:15 - 10:00 HIIT ME UP	JOSHUA
09:25 - 10:10 BARRELATES	ZUZANA
●● 10:15 - 11:00 BODY CONDITIONING	PANA
10:20 - 11:20 PILATES MATWORK	ZUZANA
11:10 - 11:55 AQUA	LUCIE B
11:25 - 12:10 BOXING CLUB	CHI
●● 11:30 - 12:30 VINYASA/FLOW YOGA	MARCIA
12:15 - 12:45 CORE & STRETCH	CHI
12:50 - 13:35 BODYPUMP	CHI
13:00 - 14:00 YOGA GENTLY	LYNNE
17:30 - 18:15 CYCLE & CORE BLAST	SANDRA
18:20 - 19:20 YANG/YIN YOGA	CATHERINE

## SATURDAY 08:00-22:00

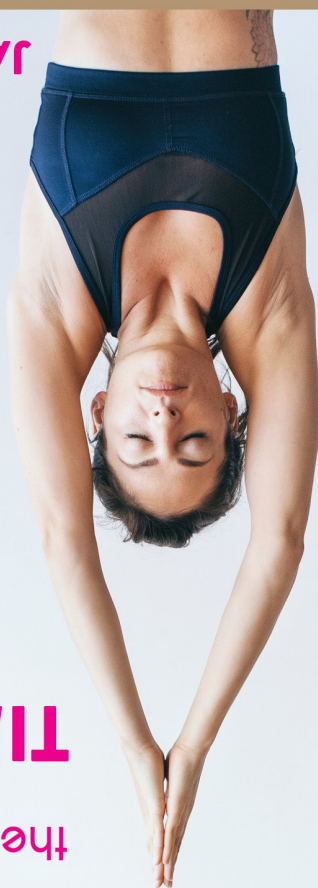
08:30 - 09:15 CLASSIC CYCLE	HENRI
09:00 - 10:00 PILATES MATWORK	ANN
09:10 - 09:55 AQUA	LUCIE/MARLENE
09:25 - 10:10 ZUMBA	RUDDY
10:15 - 11:00 STRETCH	ANN
10:20 - 11:05 BODYPUMP	LUCIE B
11:15 - 12:00 CLASSIC CYCLE	SANDRA
●● 11:15 - 12:15 VINYASA/FLOW YOGA	REBECCA
12:10 - 12:55 DANCE FITNESS	IONE

## SUNDAY 08:00-22:00

08:00 - 09:00 TAI CHI	NICK
08:05 - 08:45 HIIT	JADE
09:00 - 09:45 CLASSIC CYCLE	HENRI
09:15 - 10:45 IYENGAR YOGA	SHARON K
10:15 - 11:00 ZUMBA	NATASHA
●● 11:00 - 12:00 PILATES PLUS	MARIE JO
11:10 - 11:55 BODY CONDITIONING	LUCY N
12:00 - 14:00 TAEKWON-DO	MR LEE
• Free to members and their children.	
12:15 - 13:15 YOGA GENTLY	LYNNE
18:00 - 19:30 KUNDALINI YOGA	SIRI ATMA

JANUARY-APRIL

the laboratory



## CLASS ETIQUETTE

- Classes can be booked 7 days minus 2 hours in advance via app or at reception to ensure a space.
- Please arrive 5 mins early otherwise places will be given to those on waiting list.
- If new to a class please arrive 5 mins early so instructor may help with any setup and discuss any health concerns.
- It is not possible to cancel within 2 hours before a class starting time.
- Failure to cancel on two occasions within a week may result in withdrawal of pre-booking privileges for 14 days.
- No latecomers are allowed for health and safety concerns of inadequate warm-up and to minimise class disruption.
- Please switch off your mobile phones during all classes.
- For hygiene reasons, we encourage purchase of your own yoga mat from reception.
- All personal belongings to be kept in the changing room lockers.
- Please inform instructor of any changes to your medical status.
- Take regular sips of water during group fitness sessions to prevent dehydration.
- Wear clothes and trainers that are appropriate for the class.
- Please speak to the instructor regarding suitability of your chosen class.

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>BODYPUMP</b>	Uses barbells and adjustable weights to tone muscles while raising metabolic rate for fat-burning.
<b>CLASSIC CYCLE</b>	Build fitness through cycling to music using RPM, hills, intervals and sprints
<b>CORE &amp; STRETCH</b>	movements designed to stretch and strengthen muscles without adding bulk. It will focus on the core and postural muscles working to align the spine and improve posture.
<b>CORE FUSION</b>	A fusion of balance work and abdominal and back conditioning to enhance core strength and stability
<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>HITT</b>	High intensity interval training. Short periods of fast cardio and strength training with recovery in between.
<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>KETTLERCISE</b>	Working the legs, toning the arms back and shoulders and providing a phenomenal core training workout, with this non-contact martial-arts inspired class.
<b>KUNDALINI YOGA</b>	Focuses on mind-body connection using breathing, postures, meditations & mantras.
<b>PILATES &amp; STRETCH</b>	Incorporates Pilates repertoire with yoga/developmental stretches.
<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>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>STEP</b>	Step class gets the heart pumping and boosts the body's metabolism helping you to burn fat, shape and tone.
<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>TOTAL BODY WORKOUT</b>	A total conditioning workout concentrating on toning the entire body using optional resistance tools ie tubing & weights.
<b>ULTIMATE 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>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>YANG/YIN YOGA</b>	Blends two styles of yoga into one practice - passively holding soft, deep and meditative yoga poses held for 3-5 minutes (YIN) combined with more dynamic sequences and standing postures (YANG)
<b>YOGA GENTLY</b>	A deep progressive class that allows you to modify and work at your own pace. Students encouraged to listen to own bodies and accept limitations. Develops awareness, strength/flexibility & relaxation.
<b>ZUMBA</b>	Latin-inspired cardio-dance workout that uses music and choreographed steps to create a fitness party atmosphere.