

MONDAY

07:00-22:00

08:05 - 09:35	HATHA YOGA	MARINA
08:30 - 09:15	BODYPUMP	JO
09:15 - 10:15	PILATES & STRETCH	AKANE
09:30 - 10:15	SCULPT	JO
10:30 - 11:15	CORE STRENGTH TRAINING	JONATHAN
10:30 - 11:30	PILATES MATWORK	AKANE
11:30 - 12:15	POWER RIDE	SANDRA
12:00 - 13:00	HATHA YOGA	▲ JULIA
12:30 - 13:15	SENIOR CONDITIONING	AYR
13:00 - 13:45	AQUA	MONIKA
• **NO FREE SWIMMING**		
13:15 - 14:15	PILATES MATWORK	LEONA
13:30 - 14:15	BOXFIT & CONDITIONING	DOMINIC
16:30 - 17:30	VINYASA/FLOW YOGA	BEA
● 18:00 - 19:00	PILATES BASICS	▲ ALLISON
18:30 - 19:15	ULTIMATE CONDITIONING	KATIA
19:15 - 20:15	IYENGAR YOGA	▲ OLIVIA
19:30 - 20:15	ZUMBA	ANELIA
20:30 - 21:15	BODYPUMP	MARIA

TUESDAY

07:00-22:00

07:30 - 08:30	VINYASA/FLOW YOGA	▲ MARISA
08:00 - 08:45	POWER RIDE	MARTA
09:00 - 09:45	HIIT	TRACEY
09:00 - 10:15	IYENGAR YOGA	▲ MAGGIE
10:00 - 10:45	SCULPT	DOMINIC
10:30 - 11:30	PILATES MATWORK	▲ LEONA
11:30 - 12:15	ZUMBA	SABRINA
11:45 - 12:45	VINYASA/FLOW YOGA	▲ LISA
12:30 - 13:30	BALLET-TONE	ALEX W
13:00 - 14:00	PILATES MATWORK	FIONA
13:45 - 14:30	STRETCH	ALEX W
17:00 - 18:00	PILATES & BREATH	AIM'EE
18:00 - 18:45	BODYPUMP	KATIA
18:30 - 19:30	HATHA YOGA	JUDY H
19:00 - 19:45	AQUA	ZUZANA
19:00 - 19:45	POWER RIDE	SANDRA
19:45 - 21:15	KUNDALINI YOGA	SIRI ATMA

WEDNESDAY

07:00-22:00

08:00 - 08:45	CYCLE CLASSIC	TRACEY
08:00 - 09:00	VINYASA/FLOW YOGA	▲ BEA
09:15 - 10:15	PILATES MATWORK	▲ ZUZANA
10:00 - 10:45	SCULPT	▲ GEMMA
10:30 - 12:00	IYENGAR YOGA	JUDY S
11:00 - 11:45	BEGINNERS BALLET BARRE	▲ GEMMA
12:00 - 12:45	ZUMBA	GEMMA
● 12:15 - 13:15	WU STYLE TAI CHI	CHRIS
13:00 - 13:45	AQUA	MONIKA
• **NO FREE SWIMMING**		
13:00 - 13:45	SENIOR CONDITIONING	▲ GEMMA
16:30 - 18:00	ASHTANGA YOGA	DEBBIE B
18:15 - 19:45	ASHTANGA YOGA	DEBBIE B
18:30 - 19:15	ULTIMATE CONDITIONING	KATIA
19:30 - 20:15	BODYPUMP	YVONNE
● 20:00 - 21:00	PILATES MATWORK 3	ANN

KEY

- STUDIO 1 / FIRST FLOOR
- STUDIO 2 / GROUND FLOOR
- POOL
- GARDEN

- PAID CLASS
- TIMETABLE CHANGES
- COURSES
- STREAMED

- ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
- BEGINNER
- INTERMEDIATE

THURSDAY

07:00-22:00

07:30 - 08:30	VINYASA/FLOW YOGA	BEA
08:00 - 08:45	POWER RIDE	RICHARD
09:15 - 10:00	HIIT	JADE
09:15 - 10:45	IYENGAR YOGA	PATSY
10:15 - 11:00	AQUA	ZUZANA
10:15 - 11:00	FULL BODY BARBELL WORKOUT	JADE
11:00 - 12:00	PILATES MATWORK	▲ FIONA
11:15 - 12:00	BOXFIT & CONDITIONING	ANDREAS
12:15 - 13:00	CYCLE CLASSIC	LUCY
14:00 - 15:00	HATHA YOGA	JULIA
17:00 - 18:00	PILATES MATWORK	AIM'EE
17:00 - 18:00	YOGA/PILATES CHIROPRACTIC	JULIAN
18:30 - 19:30	QI GONG	NEIL
18:30 - 19:15	SCULPT	JONATHAN
19:30 - 20:15	ZUMBA	CLAIRE
20:00 - 21:00	YANG/YIN YOGA	BEA

FRIDAY

07:00-22:00

07:15 - 08:00	CYCLE CLASSIC	RICHARD
08:00 - 09:00	PILATES BASICS	▲ PHILIP
09:15 - 10:15	YANG/YIN YOGA	LISA
09:30 - 10:15	SCULPT	▲ GEMMA
10:20 - 11:05	ZUMBA	GEMMA
10:30 - 11:30	HATHA YOGA	LISA
11:15 - 12:00	OUTDOOR BODYWEIGHT TRAINING	RICHARD
11:15 - 12:00	SENIOR CONDITIONING PLUS	JONATHAN
12:00 - 12:45	AQUA	ZUZANA
● 12:00 - 13:00	WU STYLE TAI CHI	CHRIS
12:15 - 13:00	CYCLE PERFORMANCE	MARTA
13:15 - 14:15	PILATES & STRETCH	ZUZANA
• Starts 12th Jan		
19:00 - 20:30	IYENGAR YOGA	▲ SAMANTHA
20:00 - 21:00	CUBAN SALSA	DERRICK
• Members £7 Non-members £10		

SATURDAY

08:00-21:00

08:15 - 09:00	CYCLE CLASSIC	STEPH/LUCY
08:15 - 09:15	VINYASA/FLOW YOGA	BEA
09:00 - 09:45	XTREME BOOTCAMP	MONIKA
09:15 - 10:00	ZUMBA	CLAIRE
● 09:30 - 10:30	VINYASA/FLOW YOGA	BEA
10:00 - 10:45	AQUA	MARIANA
10:10 - 10:55	SCULPT	KATIA
10:45 - 11:45	PILATES MATWORK 3	MARLA
11:00 - 11:45	FULL BODY BARBELL WORKOUT	KATIA
12:00 - 13:30	IYENGAR YOGA	CATHERINE
12:00 - 13:00	TAEKWON-DO	MR LEE
• Free to members and their children.		
16:15 - 17:00	BODYPUMP	YVONNE
17:15 - 18:00	CYCLE PERFORMANCE	RICHARD

SUNDAY

08:00-21:00

09:00 - 10:00	VINYASA/FLOW YOGA	▲ EVA / VERONICA
09:15 - 10:00	FULL BODY BARBELL WORKOUT	TRACEY
10:15 - 11:00	CYCLE CLASSIC	ALEX T
10:30 - 11:30	PILATES MATWORK	▲ ANN
11:30 - 12:15	ZUMBA	NATASHA
12:00 - 13:00	STRETCH	ANN
18:00 - 19:30	ASHTANGA YOGA	CAROLINE
18:00 - 18:45	CYCLE PERFORMANCE	SANDRA

JANUARY-APRIL



TIMETABLE



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 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.

the laboratory
spa & health club

The Avenue Muswell Hill London N10 2QE

020 8482 3000



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-TONE** Full body workout, using traditional ballet technique to lengthen and tone muscles, improve flexibility, posture and balance.
- BEGINNERS BALLET BARRE** Come and enjoy the beauty of classical ballet. This class will focus on ballet terminology and technique through the execution of barre work. If you love to dance this is for you.
- BODYPUMP** Using barbells/adjustable weights to tone muscles & raise metabolism for fat-burning. **ONE-TO-ONE INDUCTION REQUIRED PRIOR TO FIRST CLASS**
- BOXFIT & CONDITIONING** A fun cardio workout using skipping, boxing drills and footwork.
- CORE STRENGTH TRAINING** Great for anyone that wants to strengthen the core muscles that stabilise and control pelvis and spine. Helps with ideal body posture, unloading joints and ease of movement.
- CUBAN SALSA** Join the group and learn how to dance the cha-cha-cha and mambo to name a few! It's a great fun!
- CYCLE CLASSIC** Build fitness through cycling to music using RPM, hills, intervals and sprints.
- CYCLE PERFORMANCE** This cycle class is focused on high intervals with hills and flats. Be prepared to feel the heat!
- FULL BODY BARBELL WORKOUT** Uses barbells and adjustable weights to tone all your muscles while raising metabolic rate for fat-burning.
- 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. Short periods of fast cardio and strength training with recovery in between.
- 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.
- OUTDOOR BODYWEIGHT TRAINING** 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** Developed by the late Joseph Pilates - a series of interconnected flowing movements, each with a purpose and a breathing pattern, integrating mind and body resulting in increased energy & relaxation
- PILATES MATWORK 3** For those who have been attending Pilates regularly for at least 2 years. Class involves advanced and evolved dynamic exercises.
- 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.
- SENIOR CONDITIONING** Tailored for older adults to provide the necessary stimulus for the increase of bone density, muscle mass, muscle strength, range of motion and improve balance.
- SENIOR CONDITIONING PLUS** Tailored for older adults to provide the necessary stimulus for the increase of bone density, muscle mass, muscle strength, range of motion and improve balance.
- STRETCH** Over worked or over 'worked out' you need this class to stretch, unwind those tight muscles and improve your range of movement.
- TAEKWON-DO** One of most popular martial arts - main art chosen for England to represent in Olympics. Taken by Mr Lee, black belt 4th Dan international instructor with 30+ years' experience.
- ULTIMATE CONDITIONING** A great way to get into shape. Using weights and body weight to get a high intense workout.
- 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.
- XTREME BOOTCAMP** A high-intensity class, not suitable for beginners or those that haven't exercised in a while. Work all your major muscle groups including your core and give you a great cardio workout.
- 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!