

**MONDAY 07:00-22:00**

07:15 - 08:15	BRISK WALK	ALEX
07:15 - 08:00	GROUP CYCLE	EVA
08:00 - 08:45	BODYPUMP	ANGIE N
08:20 - 09:50	EVERYDAY YOGA	JUDY H
08:55 - 09:50	PILATES MATWORK I	ANGIE N
●● 10:00 - 11:00	PILATES MATWORK II	AKANE
10:00 - 10:40	ULTIMATE CONDITIONING	CARLY
10:45 - 11:30	SWISS BALL FITNESS	ANGIE N
• 8 weeks (ends 23rd oct)		
11:00 - 11:15	CORE FUNCTIONS	LAB COACHES
●● 11:30 - 12:15	NTC	ELIA
12:00 - 13:30	EVERYDAY YOGA	JULIA
12:15 - 13:00	GROUP CYCLE	SANDRA/STAN
●● 13:00 - 13:20	LABATA	SANDRA/STAN
13:30 - 14:15	AQUATICS	MONIKA
13:30 - 14:15	LATIN DANCE TONE	STAN
• 6 week trial.		
● 18:00 - 19:00	PILATES BASICS	ALLISON
●● 18:30 - 19:15	STEP MOVES	SPHINX
19:00 - 19:15	LEG ACTIVATOR	LAB COACHES
19:00 - 20:00	PILATES MATWORK I/II	ALLISON
19:15 - 20:15	BODYPUMP	SPHINX
20:15 - 21:00	GROUP CYCLE	SPHINX
20:15 - 21:15	TOTAL STRETCH	ROZ
21:00 - 21:15	CORE EXPRESS	SPHINX

**TUESDAY 07:00-22:00**

08:00 - 08:45	GROUP CYCLE	SHANNON
09:15 - 10:00	NTC	CARLY
09:30 - 09:45	TOTAL PADWORK	LAB COACHES
10:00 - 11:30	IYENGAR YOGA	TESSA
●● 10:00 - 11:00	ULTIMATE CONDITIONING	JONATHAN
11:15 - 12:15	ZUMBA	GEMMA
13:00 - 14:00	PILATES MATWORK I	FIONA
●● 14:00 - 15:00	PILATES MATWORK II/III	FIONA
● 16:45 - 17:45	PILATES BASICS	LOUISE
●● 18:15 - 18:55	LABOXING	LAB COACHES
●● 18:30 - 20:00	IYENGAR YOGA	JUDY S
●● 19:00 - 19:45	GROUP CYCLE	SANDRA
19:00 - 19:45	RUNNING CLUB	TANYA
19:15 - 20:00	AQUATICS	SUZANA
20:00 - 21:30	KUNDALINI YOGA	SIRI ATMA

**WEDNESDAY 07:00-22:00**

08:00 - 09:00	PILATES MATWORK	MATT
09:00 - 09:55	TOTAL STRETCH	MATT
09:30 - 10:25	GROUP CYCLE	SHANNON
10:00 - 10:15	MOBILITY	LAB COACHES
● 10:00 - 11:00	WU STYLE TAI CHI	CHRIS
10:30 - 11:15	BODYPUMP	ANGIE N
●● 11:00 - 12:00	WU STYLE TAI CHI	CHRIS
11:15 - 12:00	CORE FUSION	ANGIE N
●● 12:00 - 13:30	IYENGAR YOGA	JUDY S
●● 12:05 - 13:05	PILATES MATWORK II	LOUISE
13:30 - 14:15	AQUATICS	MONIKA
14:00 - 15:00	EVERYDAY YOGA	JULIA
17:00 - 18:30	ASHTANGA YOGA	DEBBIE B
17:30 - 17:45	CORE FUNCTIONS	LAB COACHES
18:30 - 20:00	ASHTANGA YOGA	DEBBIE B
18:30 - 19:30	LAB BOOTCAMP	KATIA
19:45 - 20:45	ZUMBA	GEMMA
●● 20:15 - 21:30	PILATES MATWORK II	ALVIN

**KEY**

● STUDIO 1 / FIRST FLOOR	● PAID CLASS	ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
● STUDIO 2 / GROUND FLOOR	● TIMETABLE CHANGES	
● POOL	□ COURSES	● BEGINNER
● GYM		●● INTERMEDIATE

**THURSDAY 07:00-22:00**

08:00 - 08:15	CORE FUNCTIONS	LAB COACHES
● 08:00 - 08:45	GROUP CYCLE	SANDRA
08:15 - 09:00	AQUA TONE	LYDIA
09:15 - 10:00	NTC	CARLY & ELIA
09:30 - 11:00	IYENGAR YOGA	PATSY
10:15 - 11:00	ULTIMATE CONDITIONING	IONATHAN
11:00 - 11:15	DURABLE JOINTS	LAB COACHES
●● 11:15 - 12:00	BALLET. BUTT N'BARRE	CARLY
●● 11:15 - 12:15	PILATES PLUS	LOUISE
●● 12:30 - 13:15	GROUP CYCLE	GEMMA
14:00 - 15:00	BALLETONE	ALEX
• Resumes 14th Sept		
14:00 - 15:30	EVERYDAY YOGA	JULIA
• New Class		
18:45 - 20:00	OI GONG	NEIL
18:55 - 19:40	ULTIMATE CONDITIONING	IONATHAN
●● 20:00 - 21:30	DYNAMIC YOGA	SHARON

**FRIDAY 07:00-22:00**

07:05 - 07:50	GROUP CYCLE	EVA
07:15 - 08:15	BRISK WALK	ALEX
08:30 - 09:30	PILATES BASICS	PHILIP
● 09:30 - 10:25	PILATES MATWORK I	PHILIP
09:30 - 09:30	TOTAL PADWORK	LAB COACHES
09:30 - 10:30	TOTAL STRETCH	ALEX
10:30 - 12:00	EVERYDAY YOGA	MATTHEW
10:30 - 11:30	ULTIMATE CONDITIONING	ALEX
11:45 - 12:20	LAB INSANITY!	ELIA
• Resumes 15th Sept		
12:00 - 13:00	EVERYDAY YOGA	MATTHEW
12:30 - 13:15	AQUATICS	SUZANA
12:30 - 13:15	GROUP CYCLE	MARTA
13:30 - 14:30	ZUMBA	GEMMA
18:00 - 19:00	PILATES MATWORK I/II	RUTH
●● 19:00 - 20:00	SALSA	GILBERT
19:10 - 20:40	IYENGAR YOGA	DIANE
• Resumes 8th Sept		

**SATURDAY 08:00-21:00**

08:05 - 08:45	GROUP CYCLE	LUCIA
08:50 - 09:30	GROUP CYCLE	LUCIA
09:00 - 10:30	DYNAMIC YOGA	NILS
09:30 - 10:15	AQUATICS	GEMMA
• NEW TIME		
09:35 - 10:15	ULTIMATE CONDITIONING	STAN
10:00 - 10:15	LEG ACTIVATOR	LAB COACHES
10:30 - 11:15	NTC	ELIA
10:45 - 11:40	PILATES MATWORK I/II	WELLY
●● 11:00 - 11:30	GROUP CYCLE	ELIA
• Resumes 16th sept		
11:00 - 11:45	LAB BOOTCAMP	TIBOR
11:45 - 13:15	IYENGAR YOGA	CATHERINE
11:45 - 12:30	ZUMBA	STAN
12:30 - 13:30	PILATES MATWORK	WELLY
16:15 - 17:00	BODYPUMP	SPHINX
● 16:30 - 18:00	EVERYDAY YOGA	MARINA
●● 17:15 - 18:00	GROUP CYCLE	RICHARD

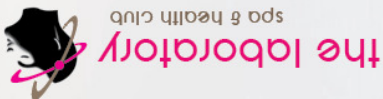
**SUNDAY 08:00-21:00**

●● 09:00 - 09:30	GROUP CYCLE	GEMMA
09:45 - 10:30	ULTIMATE CONDITIONING	GEMMA
10:00 - 10:15	CORE FUNCTIONS	LAB COACHES
10:15 - 11:15	TOTAL STRETCH	GRACE
10:45 - 11:30	GROUP CYCLE	EVA
11:30 - 12:45	PILATES MATWORK II	GRACE
11:45 - 12:45	ZUMBA	NATASHA
13:00 - 14:00	TOTAL STRETCH	GRACE
14:30 - 16:30	RESTORATIVE YOGA W/SHOP	JUDY H
• See Posters for new dates.		
18:00 - 19:30	ASHTANGA YOGA	CAROLINE
18:00 - 18:45	GROUP CYCLE	DOMENICO

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 at reception to ensure a space
- Classes can be booked from 8am the previous day.
- Please ensure you cancel if you cannot attend, giving as much notice as possible.
- Please register at reception 5 minutes before class starts otherwise places will be given to those on the waiting list.
- 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

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 Elia Siaperas

our Studio Co-ordinator 020 8482 3000 | elia@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

#### AQUATICS

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, BUTT N'BARRE

See Posters

#### BALLESTONE

Ballet exercises targeting the legs, bottom and abdominals to lengthen and strengthen muscles and improve flexibility and tone.

#### BODYPUMP

BodyPump is a class using barbells and adjustable weights to tone muscles while raising metabolic rate for fat-burning. A ONE-TO-ONE INDUCTION WITH GYM TEAM IS REQUIRED PRIOR TO FIRST CLASS

#### BRISK WALK

Join the Gym Team on a walking route outdoors. For more information please speak to one of the Team.

#### CORE EXPRESS

Blast that six pack with 15 minutes on your abdominals

#### CORE FUSION

A fusion of balance work and abdominal and back conditioning to enhance core strength and stability

#### DYNAMIC YOGA

A powerful flowing style of yoga that enhances strength & flexibility to challenge you physically & mentally.

#### EVERYDAY YOGA

An ideal class to experience yoga for the first time although all are welcome. Emphasis is on using breath throughout the postures and if necessary, modifications to suit those with joint concerns.

#### 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

#### LABATA

Labata is a high intensity workout working for 20 sec 10 sec recovery time x 8. Not for the faint hearted!

#### LATIN DANCE TONE

This class is inspired by latin dance moves and incorporates light dumbbell exercises to firm the arms.

#### NTC

Nike Training Club- Full body workout designed by pro Nike Trainers to take your training to the next level.

#### 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 I

For those who have attended at least 10 "basics" classes.

#### PILATES MATWORK I/II

For those who have regularly attended level 1 and ready to make the transition to a more challenging class.

#### PILATES MATWORK II

A more powerful class than level 1, with added moves and progressions.

#### PILATES MATWORK II/III

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.

#### QI GONG

The ancient Chinese art of self-healing. Includes self-Tuina (massage techniques) for health & beauty.

#### RESTORATIVE YOGA W/SHOP

see posters

#### RUNNING CLUB

Training for a marathon or just enjoy running? Join the gym team for this motivating training session outdoors.

#### SALSA

Learn how to dance to the latest sounds from Cuba. Fun!

#### STEP MOVES

A dynamic class, with propelling & challenging choreography.

#### SWISS BALL FITNESS

An Aerobic and conditioning class using the Swiss Ball through out the workout. A great workout for your core muscles as all exercises are on the ball.

#### TOTAL 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. 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.