

**MONDAY**

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

07:15 - 08:00	CYCLE CLASSIC	EVA
<b>07:15 - 08:15</b>	<b>SWIM STRONG</b>	<b>GUEST</b>
• New dates coming soon!		
07:15 - 08:15	WALK	ALEX
08:05 - 08:50	BODYPUMP	ANGIE N
<b>08:20 - 09:50</b>	<b>EVERYDAY YOGA</b>	CELESTE
08:55 - 09:50	PILATES MATWOK	ANGIE N
<b>10:00 - 11:00</b>	<b>PILATES MATWOK 3</b>	AKANE
<b>10:00 - 10:15</b>	<b>GYM15 (CORE)</b>	LAB COACHES
10:00 - 10:40	SCULPT	CARLY
10:45 - 11:30	BALL	ANGIE N
<b>11:30 - 12:15</b>	<b>HIIT</b>	ELIA
<b>12:00 - 13:30</b>	<b>EVERYDAY YOGA</b>	JULIA
12:15 - 13:00	CYCLE CLASSIC	SANDRA/STAN
<b>13:00 - 13:10</b>	<b>CORE</b>	SANDRA/STAN
13:30 - 14:15	LATIN DANCE	STAN
<b>13:30 - 14:15</b>	<b>WATER</b>	MONIKA
<b>18:00 - 19:00</b>	<b>PILATES BASICS</b>	ALLISON
<b>18:30 - 19:15</b>	<b>STEP</b>	SPHINX
<b>19:00 - 19:15</b>	<b>GYM15 (HIIT)</b>	LAB COACHES
<b>19:00 - 20:00</b>	<b>PILATES MATWOK</b>	ALLISON
19:15 - 20:15	BODYPUMP	SPHINX
20:15 - 21:00	CYCLE PERFORMANCE	SPHINX
<b>20:15 - 21:15</b>	<b>STRETCH</b>	ROZ
21:00 - 21:15	CORE	SPHINX

**TUESDAY**

**07:00-22:00**

08:00 - 08:45	CYCLE PERFORMANCE/CLASSIC	SHANNON
09:15 - 10:00	HIIT	CARLY
<b>10:00 - 10:15</b>	<b>GYM15 (SCULPT)</b>	LAB COACHES
<b>10:00 - 11:30</b>	<b>IYENGAR YOGA</b>	TESSA
<b>10:00 - 11:00</b>	<b>SCULPT</b>	JONATHAN
11:15 - 12:15	ZUMBA	GEMMA
13:00 - 14:05	PILATES MATWOK	FIONA
<b>14:00 - 15:00</b>	<b>PILATES MATWOK 3</b>	FIONA
<b>16:45 - 17:45</b>	<b>PILATES BASICS</b>	AIM'EE
18:15 - 18:55	BOX!	LAB COACHES
<b>18:30 - 20:00</b>	<b>IYENGAR YOGA</b>	JUDY S
<b>19:00 - 19:45</b>	<b>CYCLE CLASSIC</b>	SANDRA
19:00 - 19:45	RUN	TANYA
<b>19:15 - 20:00</b>	<b>WATER</b>	SUZANA
<b>20:05 - 21:30</b>	<b>KUNDALINI YOGA</b>	SIRI ATMA

**WEDNESDAY**

**07:00-22:00**

<b>08:05 - 09:00</b>	<b>PILATES MATWOK</b>	MATT
<b>08:45 - 09:30</b>	<b>HIIT</b>	ELIA
<b>09:00 - 09:55</b>	<b>STRETCH</b>	MATT
09:30 - 10:25	CYCLE PERFORMANCE/CLASSIC	SHANNON
<b>10:00 - 11:00</b>	<b>WU STYLE TAI CHI</b>	CHRIS
10:30 - 11:15	BODYPUMP	ANGIE N
<b>11:00 - 12:00</b>	<b>WU STYLE TAI CHI</b>	CHRIS
11:15 - 12:00	CORE	ANGIE N
<b>12:00 - 13:30</b>	<b>IYENGAR YOGA</b>	JUDY S
12:05 - 13:05	PILATES MATWOK 3	RUTH
• New Teacher		
<b>13:30 - 14:15</b>	<b>WATER</b>	MONIKA
<b>14:00 - 15:30</b>	<b>EVERYDAY YOGA</b>	JULIA
<b>17:00 - 18:30</b>	<b>ASHTANGA YOGA</b>	DEBBIE B
<b>18:30 - 20:00</b>	<b>ASHTANGA YOGA</b>	DEBBIE B
18:30 - 19:30	HIIT	KATIA
19:45 - 20:30	ZUMBA	GEMMA
<b>20:15 - 21:30</b>	<b>PILATES MATWOK 3</b>	ALVIN

**KEY**

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

**THURSDAY**

**07:00-22:00**

<b>08:05 - 08:50</b>	<b>CYCLE CLASSIC</b>	SANDRA
09:15 - 10:00	HIIT	DOMENICO
<b>09:30 - 11:00</b>	<b>IYENGAR YOGA</b>	PATSY
<b>09:30 - 10:15</b>	<b>WATER</b>	SARA
<b>10:00 - 10:15</b>	<b>GYM15 (SCULPT)</b>	LAB COACHES
10:15 - 11:00	SCULPT	IONATHAN
11:15 - 12:00	HIIT	ELIA
<b>11:15 - 12:15</b>	<b>PILATES MATWOK 3</b>	AIM'EE
• New Teacher		
<b>14:00 - 15:00</b>	<b>BALLET</b>	ALEX
• Studio1		
<b>14:00 - 15:30</b>	<b>EVERYDAY YOGA</b>	IULIA
<b>18:45 - 20:00</b>	<b>OI GONG</b>	NEIL
18:55 - 19:40	SCULPT	IONATHAN
<b>20:00 - 21:30</b>	<b>DYNAMIC YOGA</b>	SHARON
<b>20:00 - 21:00</b>	<b>SWIM STRONG</b>	<b>GUEST</b>
• New dates coming soon!		

**FRIDAY**

**07:00-22:00**

07:05 - 07:50	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX
<b>08:30 - 09:35</b>	<b>PILATES BASICS</b>	PHILIP
<b>09:30 - 09:30</b>	<b>GYM15 (CORE)</b>	LAB COACHES
<b>09:30 - 10:25</b>	<b>PILATES MATWOK</b>	PHILIP
09:30 - 10:30	STRETCH	ALEX
<b>10:30 - 12:05</b>	<b>EVERYDAY YOGA</b>	MATTHEW
10:30 - 11:30	SCULPT	ALEX
11:45 - 12:25	HIIT	ELIA
<b>12:00 - 13:00</b>	<b>EVERYDAY YOGA</b>	MATTHEW
12:30 - 13:15	CYCLE PERFORMANCE	MARTA
<b>12:30 - 13:15</b>	<b>WATER</b>	SUZANA
13:30 - 14:30	ZUMBA	GEMMA
<b>18:00 - 19:00</b>	<b>PILATES MATWOK</b>	RUTH
<b>19:00 - 20:00</b>	<b>SALSA</b>	GILBERT
<b>19:10 - 20:40</b>	<b>IYENGAR YOGA</b>	DIANE

**SATURDAY**

**08:00-21:00**

08:05 - 08:45	CYCLE PERFORMANCE	LUCIA
08:50 - 09:30	CYCLE CLASSIC	LUCIA
<b>09:00 - 10:30</b>	<b>DYNAMIC YOGA</b>	NILS
<b>09:30 - 10:15</b>	<b>WATER</b>	GEMMA
09:35 - 10:15	SCULPT	KATIA
<b>10:00 - 10:15</b>	<b>GYM15 (SCULPT)</b>	LAB COACHES
<b>10:15 - 10:30</b>	<b>TABATA</b>	ELIA
10:30 - 11:15	HIIT	ELIA
<b>10:45 - 11:40</b>	<b>PILATES MATWOK 3</b>	SYMEON
• New Teacher		
11:00 - 11:45	LAB BOOTCAMP	TIBOR
• Outdoors		
<b>11:45 - 13:15</b>	<b>IYENGAR YOGA</b>	CATHERINE
11:45 - 12:30	ZUMBA	STAN
12:30 - 13:30	PILATES MATWOK	SYMEON
• Studio1		
16:15 - 17:00	BODYPUMP	SPHINX
<b>16:30 - 18:00</b>	<b>EVERYDAY YOGA</b>	MARINA
<b>17:10 - 18:00</b>	<b>CYCLE PERFORMANCE</b>	RICHARD

**SUNDAY**

**08:00-21:00**

<b>09:00 - 09:30</b>	<b>CYCLE PERFORMANCE</b>	GEMMA
09:45 - 10:30	SCULPT	GEMMA
<b>10:00 - 10:15</b>	<b>GYM15 (SCULPT)</b>	LAB COACHES
<b>10:15 - 11:15</b>	<b>STRETCH</b>	GRACE
10:45 - 11:30	CYCLE CLASSIC	EVA
<b>11:30 - 12:45</b>	<b>PILATES MATWOK 3</b>	GRACE
11:45 - 12:45	ZUMBA	NATASHA
<b>13:00 - 14:00</b>	<b>STRETCH</b>	GRACE
<b>18:00 - 19:30</b>	<b>ASHTANGA YOGA</b>	CAROLINE
18:00 - 18:45	CYCLE PERFORMANCE	DOMENICO

APRIL - 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 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.

### CLASS DESCRIPTIONS

#### ASHTANGA YOGA

A dynamic, flowing and athletic sequence of movements synchronized with a deep, warming breath.

#### BALL

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.

#### BALLET

Ballet exercises targeting the legs working from the ballet bar..

#### 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

#### CORE

Blast that six-pack with this 15-minute blitz on your abdominals

#### 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!

#### 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.

#### GYM15 (HIIT)

Interval style training burning a serious amount of calories in a short space of time!

#### GYM15 (SCULPT)

The Gym Team will take you through an all body workout on the gym floor.

#### 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

#### LATIN DANCE

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

#### 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.

#### QI GONG

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

#### RUN

Training for a 5k or just enjoy keeping fit? An outdoor running workout combining bursts of fast running with recovery periods. Trains you to work more efficiently and makes you faster and fitter!

#### 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.

#### SWIM STRONG

See P

#### WALK

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

#### WATER

A fun cardio water workout with exercises for toning. Ideal for pre/post natal and anyone who requires a low impact workout.

#### WU STYLE TAI CHI

A series of self-defence moves linked together in a sequence practised slowly. Cultivates internal strength and tenacity promoting good health and longevity.