

MONDAY 07:00-22:00

07:15 - 08:00	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX
08:05 - 08:50	BODYPUMP	ANGIE N
08:20 - 09:50	EVERYDAY YOGA	CELESTE
08:55 - 09:50	PILATES MATWOK	ANGIE N
●● 10:00 - 11:00	PILATES MATWOK 3	AKANE
10:00 - 10:15	GYM15 (CORE)	LAB COACHES
10:00 - 10:40	SCULPT	CARLY
10:45 - 11:30	BALL	ANGIE N
• No class in Feb.		
●● 11:30 - 12:15	HIIT	ELIA
12:00 - 13:30	EVERYDAY YOGA	JULIA
12:15 - 13:00	CYCLE CLASSIC	SANDRA/STAN
●● 13:00 - 13:20	CORE	SANDRA/STAN
13:30 - 14:15	LATIN DANCE	STAN
13:30 - 14:15	WATER	MONIKA
● 18:00 - 19:00	PILATES BASICS	ALLISON
●● 18:30 - 19:15	STEP	SPHINX
19:00 - 19:15	GYM15 (HIIT)	LAB COACHES
19:00 - 20:00	PILATES MATWOK	ALLISON
19:15 - 20:15	BODYPUMP	SPHINX
20:15 - 21:00	CYCLE PERFORMANCE	SPHINX
20:15 - 21:15	STRETCH	ROZ
21:00 - 21:15	CORE	SPHINX

TUESDAY 07:00-22:00

08:05 - 08:50	CYCLE CLASSIC	SHANNON
09:15 - 10:00	HIIT	CARLY
10:00 - 10:15	GYM15 (SCULPT)	LAB COACHES
10:00 - 11:30	IYENGAR YOGA	TESSA
• Resumes 9th Jan		
●● 10:00 - 11:00	SCULPT	JONATHAN
11:15 - 12:15	ZUMBA	GEMMA
13:00 - 14:00	PILATES MATWOK	FIONA
●● 14:00 - 15:00	PILATES MATWOK 3	FIONA
● 16:45 - 17:45	PILATES BASICS	AIM'EE
• Resumes 9th Jan		
18:15 - 18:55	BOX!	LAB COACHES
●● 18:30 - 20:00	IYENGAR YOGA	JUDY S
• Resumes 9th Jan		
●● 19:00 - 19:45	CYCLE CLASSIC	SANDRA
19:00 - 19:45	RUN	TANYA
• Resumes 9th Jan		
19:15 - 20:00	WATER	SUZANA
• Resumes 9th Jan		
20:00 - 21:30	KUNDALINI YOGA	SIRI ATMA

WEDNESDAY 07:00-22:00

08:05 - 09:00	PILATES MATWOK	MATT
• Resumes 10th Jan- Time Change		
●● 08:45 - 09:30	HIIT	ELIA
09:00 - 09:55	STRETCH	MATT
• Resumes 10th Jan		
09:30 - 10:25	CYCLE PERFORMANCE	SHANNON
● 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	ANGIE N
●● 12:00 - 13:30	IYENGAR YOGA	JUDY S
• Resumes 10th Jan		
12:05 - 13:05	PILATES MATWOK 3	LOUISE
13:30 - 14:15	WATER	MONIKA
14:00 - 15:30	EVERYDAY YOGA	JULIA
17:00 - 18:30	ASHTANGA YOGA	DEBBIE B
18:30 - 20:00	ASHTANGA YOGA	DEBBIE B
18:30 - 19:30	HIIT	KATIA
19:45 - 20:45	ZUMBA	GEMMA
●● 20:15 - 21:30	PILATES MATWOK 3	ALVIN
• Resumes 10th Jan		

THURSDAY 07:00-22:00

● 08:05 - 08:50	CYCLE CLASSIC	SANDRA
09:15 - 10:00	HIIT	DOMENICO
09:30 - 11:00	IYENGAR YOGA	PATSY
09:30 - 10:15	WATER	SARA
10:00 - 10:15	GYM15 (SCULPT)	LAB COACHES
10:15 - 11:00	SCULPT	IONATHAN
11:15 - 12:00	BUMS & TUMS	CARLY
●● 11:15 - 12:15	PILATES MATWOK 3	LOUISE
14:00 - 15:00	BALLET	ALEX
• Resumes 11th Jan		
14:00 - 15:30	EVERYDAY YOGA	IULIA
18:45 - 20:00	OI GONG	NEIL
18:55 - 19:40	SCULPT	IONATHAN
●● 20:00 - 21:30	DYNAMIC YOGA	SHARON

FRIDAY 07:00-22:00

07:05 - 07:50	CYCLE CLASSIC	EVA
07:15 - 08:15	WALK	ALEX
08:30 - 09:30	PILATES BASICS	PHILIP
09:30 - 09:30	GYM15 (CORE)	LAB COACHES
● 09:30 - 10:25	PILATES MATWOK	PHILIP
09:30 - 10:30	STRETCH	ALEX
10:30 - 12:00	EVERYDAY YOGA	MATTHEW
10:30 - 11:30	SCULPT	ALEX
12:00 - 13:00	EVERYDAY YOGA	MATTHEW
12:30 - 13:15	CYCLE PERFORMANCE	MARTA
12:30 - 13:15	WATER	SUZANA
• Resumes 12th Jan.		
13:30 - 14:30	ZUMBA	GEMMA
18:00 - 19:00	PILATES MATWOK	RUTH
●● 19:00 - 20:00	SALSA	GILBERT
19:10 - 20:40	IYENGAR YOGA	DIANE

SATURDAY 08:00-21:00

08:05 - 08:45	CYCLE PERFORMANCE	LUCIA
08:50 - 09:30	CYCLE CLASSIC	LUCIA
09:00 - 10:30	DYNAMIC YOGA	NILS
09:30 - 10:15	WATER	GEMMA
09:35 - 10:15	SCULPT	KATIA
• New Teacher		
10:00 - 10:15	GYM15 (SCULPT)	LAB COACHES
●● 10:15 - 10:30	TABATA	ELIA
10:30 - 11:15	HIIT	ELIA
10:45 - 11:40	PILATES MATWOK 3	RUTH
• New Teacher		
●● 11:00 - 11:45	CYCLE CLASSIC	ELIA
• Resumes 20th Jan		
11:00 - 11:45	LAB BOOTCAMP	TIBOR
• Outdoors		
11:45 - 13:15	IYENGAR YOGA	CATHERINE
11:45 - 12:30	ZUMBA	STAN
12:30 - 13:30	PILATES MATWOK	SYMEON
• New Teacher		
16:15 - 17:00	BODYPUMP	SPHINX
● 16:30 - 18:00	EVERYDAY YOGA	MARINA
●● 17:15 - 18:00	CYCLE PERFORMANCE	RICHARD

SUNDAY 08:00-21:00

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

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

MUSWELL HILL 020 8482 3000
labspa.co.uk

JANUARY - MARCH



TIMETABLE



the laboratory
spa & health club

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

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.

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.