

MONDAY 06:30-22:30

07:00 - 07:45 HIIT	WIOLA
08:00 - 09:00 EVERYDAY YOGA	MARCIA
08:00 - 08:45 SCHWINN CYCLING	EMMA
09:30 - 11:00 IYENGAR YOGA	DEBORAH
10:00 - 11:00 ZUMBA	GUL
11:05 - 12:05 PILATES MATWOK II/III	DEBRA
• Advanced	
11:05 - 11:20 TOTAL PADWORKS	LAB COACHES
11:30 - 12:15 AQUATICS	PANA
11:30 - 12:15 ULTIMATE CONDITIONING	SPHINX
12:15 - 13:15 YOGA/PILATES FUSION	ANGIE N
13:30 - 14:30 PILATES BASICS	DEBRA
18:00 - 18:15 TRX BLITZ	LAB COACHES
18:15 - 19:00 BODYPUMP	SKYE
18:30 - 19:30 PILATES MATWOK	KATE
19:05 - 19:40 LEGS, BUMS & TUMS	MOLLY
19:15 - 20:00 AQUATICS	TALIA
19:30 - 21:00 IYENGAR YOGA	JULIE/DIANE
19:45 - 20:45 SCHWINN CYCLING	HENRI

TUESDAY 06:30-22:30

07:00 - 07:45 GROUP CYCLE	JAMIE
08:00 - 09:25 VINYASA YOGA	AMY
09:10 - 09:40 CORE FUSION	LUCY
●● 09:30 - 10:30 PILATES PLUS	LOUISE
09:45 - 10:30 BODYCOMBAT	CHI
09:45 - 10:00 CORE FUNCTION	LAB COACHES
10:30 - 11:15 AQUATICS	PANA
10:30 - 11:25 PILATES MATWOK & BALL	ANGIE N
10:40 - 11:25 BODYPUMP	CHI
11:30 - 12:45 RESTORATIVE YOGA	ANGIE N
11:30 - 12:15 TRANSITION	PANA
17:45 - 18:00 CORE FUNCTION	LAB COACHES
18:25 - 18:55 LEGS, BUMS & TUMS	MOLLY
18:45 - 19:45 PILATES & STRETCH	MARLA
19:00 - 19:45 ZUMBA	NATASHA
20:00 - 21:30 IYENGAR YOGA	NOA

WEDNESDAY 06:30-22:30

07:00 - 07:45 ULTIMATE CONDITIONING	TIBOR
08:15 - 09:00 SCHWINN CYCLING	HENRI
09:10 - 09:55 SCHWINN CYCLING	CLAIRE
●● 09:30 - 11:00 DYNAMIC YOGA	NILS
10:05 - 10:35 CXWORX	DENICE
10:35 - 11:35 20/20/20	GRACE
11:00 - 11:45 AQUATICS	TIBOR
● 11:05 - 12:05 EVERYDAY YOGA	DEBBIE B
11:40 - 11:55 CROSS FIT	LAB COACHES
12:15 - 13:15 YOGA FLOW	DEBBIE B
13:55 - 14:55 PILATES MATWOK I	MARLA
16:35 - 16:50 HIIT	LAB COACHES
18:00 - 18:45 SCHWINN CYCLING	SANDRA
18:30 - 19:30 ASHTANGA YOGA	NILS
18:50 - 19:50 LABOXING	JAMES
19:35 - 21:05 KUNDALINI YOGA	SIRI ATMA

KEY

● STUDIO 1 GROUP FITNESS	Ⓢ PAID CLASS	ALL CLASSES ARE GENERAL LEVEL UNLESS INDICATED
● STUDIO 2 MIND BODY	Ⓢ TIMETABLE CHANGES	
● POOL	□ COURSES	
● GYM		

● BEGINNER
●● INTERMEDIATE

THURSDAY 06:30-22:30

07:00 - 07:45 SCHWINN CYCLING	EMMA
08:00 - 08:45 LABOXING	JAMES
09:20 - 10:20 BODYPUMP	DENICE
●● 09:30 - 11:00 IYENGAR YOGA	OLIVIA
10:25 - 10:55 CXWORX	DENICE
11:05 - 11:35 INTENSITY CIRCUIT	LAB COACHES
●● 11:05 - 12:00 PILATES MATWOK	DEBRA
• Beginner/Intermediate	
11:15 - 12:00 AQUATICS	MONIKA
● 12:05 - 13:00 PILATES BASICS	DEBRA
• Beginner	
18:30 - 19:15 BODYPUMP	SKYE
18:30 - 20:00 EVERYDAY YOGA	CAROLINE
19:15 - 20:00 AQUATICS	NATALIE
19:20 - 19:50 CXWORX	MATT

FRIDAY 06:30-22:00

07:00 - 07:45 LAB BOOTCAMP	NATHAN
07:00 - 08:00 VINYASA YOGA	NATALIE
08:15 - 09:15 PILATES MATWOK II	LOUISE
08:15 - 09:00 SCHWINN CYCLING	EMMA
09:15 - 10:00 SCHWINN CYCLING	CLAIRE
09:25 - 10:25 PILATES MATWOK II	LOUISE
10:05 - 10:55 BODY BLAST	BEN
●● 10:30 - 12:00 DYNAMIC YOGA	MARCIA
11:00 - 11:15 CORE FUNCTION	LAB COACHES
11:00 - 11:45 SWISS BALL FITNESS	PANA
11:15 - 12:00 AQUATICS	ZUZANA
12:15 - 13:15 PILATES MATWOK & BALL	MARLA
● 13:30 - 15:00 YOGA GENTLY	NICKY
18:30 - 19:15 SCHWINN CYCLING	SPHINX
19:20 - 19:35 TOTAL PADWORKS	LAB COACHES

SATURDAY 08:00-22:00

08:10 - 08:55 SCHWINN CYCLING	SANDRA
09:00 - 09:45 SCHWINN CYCLING	HENRI
09:15 - 10:00 AQUATICS	ZUZANA
09:15 - 10:15 PILATES MATWOK	LOUISE
09:30 - 10:45 MEMBERS RUN CLUB	RICHARD
• MEET AT RECEPTION	
09:50 - 10:05 3D MOBILITY	LAB COACHES
10:00 - 10:55 ZUMBA	RUDDY
10:25 - 11:25 PILATES MATWOK	LOUISE
11:00 - 12:00 BODYPUMP	SPHINX
●● 11:30 - 13:00 DYNAMIC YOGA	CAROLINE
12:15 - 13:00 SCHWINN CYCLING	EMMA
17:00 - 17:15 CORE FUNCTION	LAB COACHES

SUNDAY 08:00-22:00

08:00 - 09:00 TAI CHI	NICK
09:00 - 09:45 SCHWINN CYCLING	HENRI
09:15 - 11:00 IYENGAR YOGA	SHARON K
09:50 - 10:05 HIIT	LAB COACHES
10:00 - 10:45 ZUMBA	NATASHA
10:50 - 11:50 BODYPUMP	LYNN
11:00 - 15:00 KIDS' SUNDAY SPLASH	
● 11:00 - 12:00 MEMBERS RUN CLUB	RICHARD
• MEET AT RECEPTION	
11:15 - 12:15 PILATES PLUS	MARIE JO
11:55 - 12:55 TAEKWON-DO	MR LEE
• Now free to members and their children.	
15:00 - 16:00 SWIMMING LESSONS	
18:30 - 20:00 KUNDALINI YOGA	SIRI ATMA
18:30 - 19:15 SCHWINN CYCLING	SPHINX
19:15 - 19:45 CORE & STRETCH	SPHINX

JANUARY - MARCH



TIMETABLE



CLASS ETIQUETTE

- Please speak to the studio instructor regarding suitability of your chosen class.
- Please switch off your mobile phones during all classes.
- All personal belongings to be kept in the changing room lockers.
- Classes can be booked from 8am online on the preceding day, if you have any difficulty please ask a receptionist to book for you.
- 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
- 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 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.

the laboratory

spa & health club

Hall Lane Hendon London NW4 4TJ

020 8457 3300



CLASS DESCRIPTIONS

20/20/20

Designed to give you a total body workout. Sweat through 20 mins cardio, 20 mins strength training and 20 mins stretch & core.

3D MOBILITY

Learn how to utilize proper movement patterns, improve functional mobility, reduce risks of common injuries, and create control throughout the entire system.

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.

BODY BLAST

Fast-paced high-energy training for the whole body, using body weight and resistance.

BODYCOMBAT

A non-contact, martial-arts-based class with moves from Karate, Tae Kwon Do, Kung Fu, Kickboxing, Muay Thai and Tai Chi.

BODYPUMP

Uses 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 & STRETCH

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.

CORE FUSION

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

CROSS FIT

A core strength and conditioning programme designed to optimise physical competence and improve strength, stamina, coordination, cardiovascular endurance and speed.

CXWORX

A variety of exercises that both isolate and integrate muscles in and around your abs, back and butt. Proven more effective than traditional core-training classes.

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 and modifications to suit those with joint concerns.

HIIT

High intensity interval training. Short periods of fast cardio and strength training with recovery in between.

INTENSITY CIRCUIT

High intensity Interval Training working as a team. Suitable for all but high energy and guaranteed to change body shapes! Only 30 minutes!

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

Focuses on mind-body connection using breathing, postures, meditations & mantras.

LABOXING

Boxing based fitness class, combining boxing skills, pad work and circuit training. Benefits include de-stressing, burning fat and toning up. Have fun and feel empowered.

LEGS, BUMS & TUMS

A muscular strength and endurance workout for thighs, buttocks and abdominals.

MEMBERS RUN CLUB

NB: Member-led running club. Sat: Int. 10K Sun: Beg. 2 - 4 miles.

PILATES & STRETCH

This class incorporates the Pilates repertoire and some yoga/developmental stretches which flow nicely into each other.

PILATES BASICS

Interconnected flowing movement with a breathing pattern, integrating mind/body enhancing energy & relaxation. This foundation class teaches the principles.

PILATES MATWORK

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 & BALL

focusing on precision and flow, work through a series of movements aimed to mobilise and strengthen areas of excess tension and bring the body back to alignment.

PILATES PLUS

Pilates using equipment.

RESTORATIVE YOGA

Restore and renew the body and mind using props to support the body so you can 'let go'.

SCHWINN CYCLING

An indoor low impact group cycling class. All instructors are Schwinn qualified and have all trained here at our centre of excellence.

SWISS BALL FITNESS

Fun with aerobics and a Swiss Ball. Routine designed to burn calories through basic aerobic movements and core work on the Swiss Ball.

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.

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.