

# HEART STUDIO

13<sup>th</sup> November – 19<sup>th</sup> November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Silent Introduction to Tai Chi 25 mins		Silent Wake up & Stretch 40 mins		Introduction to Tai Chi 25 mins		Wake up & Stretch 40 mins
8:45	Apex Spin 45 mins	Yoga Repts 45 mins	Lift 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	Lift 45 mins	Step Intermediate 45 mins
10:00	Apex Advanced Spin 45 mins	Apex Spin 45 mins	Apex Beginners Spin 45 mins	Apex Spin 45 mins	Lift Beginners 45 mins	Apex Spin 45 mins	Apex Spin 45 mins
11.15	Lift 45 mins	Step Intermediate 45 mins	Abzone 40 mins	Lift 45 mins	Ballet Fit 45 mins	Abzone 40 mins	Lift 45 mins
12.30	Drums Alive 40 mins	Introduction To Tai Chi 25 mins				Pilates Intermediate 50 mins	
15.45							Introduction to Tai Chi 25 mins
16.45	Ballet Fit 45 mins	Lift 45 mins	Fitness Ball 45 mins	Yoga Repts 45 mins	Apex Advanced Spin 45 mins	HIIT Intermediate 40 mins	Legs Tums & Bums 45 mins
17:45	Lift 45 mins	Apex Spin 45 mins	Lift 45 mins	HIIT Intermediate 40 mins			

To avoid disappointment, we strongly advise you book classes in advance (after completing your health questionnaire) either online, in the gym on ext 318 or via [fitness@ragdalehall.co.uk](mailto:fitness@ragdalehall.co.uk)

Please be aware all Silent classes use headphones. Some classes will also feature flashing lights.

Please arrive 5 minutes prior to the start time as you will NOT be allowed entry once the class has begun.

Mindful
  Cardio
  Strength
  Dance



# SOUL STUDIO

13<sup>th</sup> November – 19<sup>th</sup> November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates Beginners 50 mins	HIIT Intermediate 30 mins	Pilates Intermediate 50 mins
9:45	Aerobic & Tone Beginners 50 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	
10:45	Dance Fit 45 mins	Dance Fit 45 mins	Dance Fit 45 mins	Dance Fit 45 mins	Yoga 1 Hour <b>11.00-12.00</b>	Legs Tums & Bums 45 mins	Zumba 45 mins
11:45	Core board 45 mins	Silent Pilates Intermediate 50 mins	Silent Fitness Flow 45 mins	Hatha Yoga 75 mins		Silent Pilates Beginners 50 mins	Silent Fitness Flow 45 mins
14:00	Pilates Intermediate 50 mins	Candlelight Yoga 90 mins		Pilates Intermediate 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Pilates 50 mins
16:00	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins
17:00	Silent Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins	Fitness Flow Beginners 45 mins	Dance Fit 45 mins	HIIT Intermediate 40 mins
18.45	Ashtanga Flow Intermediate 1 Hour <b>18.30 –19.30</b>	Circuits 40 mins	Pilates Advanced 45 mins	BOXFIT 40 mins	Silent Candlelight Stretch 40 mins <b>18.00-18.40</b>	Candlelight Stretch 40 mins <b>18.00-18.40</b>	Silent Candlelight Stretch 40 mins <b>18.00-18.40</b>

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Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

13<sup>th</sup> November – 19<sup>th</sup> November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	HIIT the Water 25 mins	Cardio Waves 25 mins	Aqua Flex 25 mins	Aqua Circuit 25 mins	Yoga H2O 25 mins	Cardio Waves 25 mins	Yoga H2O 25 mins
9:30	Cardio Waves 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Aqua Circuit 25 mins	
10:00	Aqua Dance 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins
10:45	Aqua Flex 25 mins	Yoga H2O 25 mins	Aqua Dance 25 mins	Aqua Dance 25 mins	Aqua Circuit 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins
11:30	Pilates H2O 25 mins	Aqua Circuit 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Aqua Flex 25 mins	Pilates H2O 25 mins	Yoga H2O 25 mins
16:00	Aqua Flex 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Yoga H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins	Aqua Circuit 25 mins



## OUTDOOR SESSIONS

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	Wellness Walk 40 mins <b>14.00</b>			Wellness Walk 40 mins <b>14.00</b>		BOOTCAMP 45 mins <b>9.45</b>

Please note all outdoor sessions are weather dependant.

For the wellness walk we ask that you meet your instructor at the bell in front of the hall, Please wear appropriate footwear for all weathers.

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# HOLISTIC ACTIVITES

13<sup>th</sup> November – 19<sup>th</sup> November

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<i>Tai Chi</i> <b>15.45</b> 50 mins £10	<i>Cold Water Therapy</i> <b>14.00</b> 30 mins £10	<i>Discover Yoga</i> <b>14.00</b> 50 mins £10	<i>Stretch Therapy</i> <b>12.30</b> 45 mins £10	<i>Sound Bathing</i> <b>12.15</b> 45 mins £12	<i>Cold Water Therapy</i> <b>14.00</b> 30 mins £10	<i>Muscle Release</i> <b>12.30</b> 45 mins £10
<i>Sound Bathing</i> <b>19.45</b> 45 mins £12		<i>Dragon Fan</i> <b>15.45</b> 50 mins £10	<i>Pilates Reformer Taster</i> <b>14.00</b> 45 mins FREE	<i>Tai Chi</i> <b>15.45</b> 50 mins £10		
<i>Yoga for Sleep</i> <b>20.45</b> 45 mins £10						

### **Discover Yoga**

If you've always wanted to try yoga but been put off, for whatever reason, this slow and subtle practice is the perfect introduction to begin your journey at your pace, on your terms.

### **Pilates Reformer Taster**

An introduction to this popular equipment-based practice that improves strength, mobility, and posture through a range of dynamic but controlled movements.

### **Stretch Therapy**

This gentle, partner session focuses on deep muscle stretching and relaxation techniques to reset, restore and refresh both your body and mind.

### **Muscle Release**

Applying gentle pressure to targeted trigger points to reduce pain and increase your range of motion, keeping you on the move for life.

### **Tai Chi / Dragon Fan**

We offer both a traditional form of this gentle, health boosting practice and also a uniquely relaxing version based on ancient combat weapon techniques, but transposed into graceful, fluid movement patterns. Let our in-house master lead you into the realms of meditation in motion.

### **Yoga for sleep**

Wind down your day with this soothing Yoga Nidra practice that connects you with your body, instilling a sense of internal peace and leaving you feeling relaxed and ready to transition into sleep.

### **Cold Water Therapy (please meet at the outdoor pool)**

Cold exposure combined with breathing techniques and guided mediation can help you to learn to control your nervous, immune and cardiovascular systems, helping to reduce stress, improve circulation and even boost your libido.

### **Sound Bathing**

Embedded within many ancient cultures, using singing bowls, gongs, percussion, chimes and even the human voice to create a deep state of both physical and mental relaxation.

**Spaces are limited, please inform us if you book but then decide not to attend or you may still be liable for the fee.**