

HEART STUDIO

19th February – 25th February

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	Apex Advanced Spin 45 mins	Yoga Reps 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	HIIT Intermediate 30 mins	Step Intermediate 45 mins
9.45	Apex Advanced Spin 45 mins	Apex Spin 45 mins	Apex Beginners Spin 45 mins	Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45 mins
10.45	Core board 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	Apex Advanced Spin 45 mins	Ballet Fit 45 mins	Apex Spin 45 mins	
11.45	Drums Alive 40 mins	Introduction To Tai Chi 25 mins	Abzone 40 mins	Core board 45 mins		Legs Tums & Bums 45 mins	
15.45							Introduction to Tai Chi 25 mins
16.45	Ballet Fit 45 mins	Abzone 40 mins	Fitness Ball 45 mins	Yoga Reps 45 mins	Apex Advanced Spin 45 mins	HIIT Intermediate 30 mins	Legs Tums & Bums 45 mins
17:45	Apex Spin 45 mins	Yoga Reps 45 mins	Apex Spin 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

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

19th February – 25th February

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Lift 45 mins	Lift 45 mins	Pilates Intermediate 50 mins
10.00	Aerobic & Tone Beginners 50 mins	Pilates 50 mins	Lift 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Dance Mix 45 mins
11.00	Dance Mix 45 mins	Dance Mix 45 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	Yoga 1 Hour 11.00-12.00	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Silent Pilates Intermediate 50 mins	Dance Mix 45 mins	Hatha Yoga 75 mins		Pilates Intermediate 50 mins	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	Silent Pilates 50 mins
16:00	Cleansing Stretch 45 mins £10	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	HIIT Intermediate 30 mins	Silent Candlelight Stretch 40 mins	Fitness Flow 45 mins	Silent Candlelight Stretch 40 mins	Fitness Flow Beginners 45 mins	Dance Mix 45 mins	HIIT Intermediate 30 mins
18.00	Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins
19.00	Ashtanga Flow Intermediate 1 Hour	HIIT Intermediate 30 mins 18.45	Circuits 40 mins	Pilates Advanced 45 mins			

Mindful
 Cardio
 Strength
 Dance



EXERCISE POOL

19th February – 25th February

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	HIIT the Water 25 mins	Cardio Waves 25 mins	Aqua Flex 25 mins	Pilates H2O 25 mins	Yoga H2O 25 mins	Cardio Waves 25 mins	Pilates H2O 25 mins
9:30	Aqua Dance 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Aqua Dance 25 mins	HIIT the Water 25 mins	Aqua Circuit 25 mins	Aqua Dance 25 mins
10:00	Cardio Waves 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	Pilates H2O 25 mins	Aqua Circuit 25 mins	Aqua Circuit 25 mins	Aqua Flex 25 mins	HIIT the Water 25 mins
11:30	Pilates H2O 25 mins	Aqua Circuit 25 mins	Aqua Dance 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 14.00			Wellness Walk 40 mins 14.00		BOOTCAMP 45 mins 10.45

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

19th February – 25th February

MON	WEDS	THURS	FRI	SUN
<i>Cleansing Stretch</i> 16.00 45 mins £10	<i>Discover Yoga</i> 14.00 50 mins £10	<i>Pilates Reformer Taster</i> 14.00 45 mins No Charge	<i>Sound Bathing</i> 12.15 45 mins £12	<i>Foam Rolling</i> 12.30 45 mins £10
		<i>Beginning the journey to a new you</i> 14.00 45 mins No Charge		

All these sessions will take place in the Heart or Soul Studio.

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

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.

Foam Rolling

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 / Tai Chi Sword/ Dragon Fan

We offer both a traditional form of this gentle, health boosting practice and also 2 uniquely relaxing versions. 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.

Sound Bathing

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

Beginning the journey to a new you

(In the Lounge)

Learn to acknowledge the obstacles that prevent you from exercising regularly and empower yourself to conquer them, opening the door to a healthy lifestyle. Discover the importance of adaptability and flexibility in facing barriers, adjusting strategies, seeking alternative routes, or even redefining your goals to ensure success.

Cleansing Stretch

Stretching and self-massage have the potential to help to remove toxins from our muscles and skin. By combining them with relaxation techniques, flowing movements, and use of carefully selected Clarins beauty products we will take you on a sensory journey that is truly cleansing for both body and mind.