

# HEART STUDIO



3<sup>rd</sup>-9<sup>th</sup> March

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 40 mins		Binaural Beats Relaxation 30 mins		Wake up and Stretch 40 mins
8:45	Apex Spin 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	HIIT Intermediate 30 mins	Step Intermediate 45 mins
9.45	Apex Spin Endurance 45 mins	Apex Spin 45 mins	Strong Yoga 45 mins	Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45 mins
10.45	Core Board 45 mins		Core Board 45 mins	Drums Alive 40 mins	Ballet Fit 45 mins	Core Board 45 mins	
11.45	Drums Alive 40 mins	Fitness Ball 45 mins	Abzone 40 mins			Legs Tums & Bums 45 mins	
14.00	Pilates Intermediate 50 mins						
15.45	Tai Chi Fan 45 mins		Tai Chi Sword 45 mins		Tai Chi 45 mins		
16.15		Roll, Release & Relax 40 mins				Roll, Release & Relax 40 mins	Introduction to Tai Chi 25 mins
17.15	Ballet Fit 45 mins	See Gym and Outdoor Timetable	Legs, Bums and Tums 45 mins	Apex Spin 45 mins	Abzone 40 mins		
18.15	Apex Spin 30 mins	Strong Yoga 30 mins	Apex Spin 30 mins	Core Board 30 mins			



# SOUL STUDIO

3<sup>rd</sup>-9<sup>th</sup> March

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	Pilates Ball 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 50 mins	Pilates 50 mins	Lift 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Zumba 45 mins
11.00	Dance Mix 45 mins	Dance Mix 45 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	Strong Yoga 45 mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins		Hatha Yoga 75 mins		Pilates Ball Intermediate 50 mins	Strong Yoga 45 mins
14.00	See Holistic Timetable	Candlelight Yoga 90 mins	Yoga 60 mins <b>13.45 Start</b>	Pilates Intermediate 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Pilates 50 mins
16.00	See Holistic Timetable	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins
16.30		Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins
17.10	Lift 45 mins <b>5.00pm Start</b>	Binaural Beats Relaxation 30 mins	Mindful Fusion 40 mins	Silent Candlelight Stretch 40 mins	See Holistic Timetable	Binaural Beats Relaxation 30 mins	Binaural Beats Relaxation 30 mins
18.00	Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent Candlelight Stretch 40 mins	Lift 45 mins	Mindful Fusion 40 mins	Dance Karaoke 30 mins	Silent Candlelight Stretch 40 mins
19.00	Vinyasa Flow 60 mins	Pilates Advanced 45 mins	Circuits 40 mins	HIIT 40 mins			



# EXERCISE POOL

3<sup>rd</sup>-9<sup>th</sup> March

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



## GYM AND OUTDOOR SESSIONS

TUES	FRI	SAT	SUN
<i>Nordic Walk 40 mins 14.00</i>	<i>Country Stroll 40 mins 14.00</i>	<i>Gym Blast 45 mins 17.15</i>	<i>Nordic Walk 40 mins 14.00</i>
<i>Gym Blast 45 mins 17.15</i>			<i>Gym Blast 45 mins 17.15</i>



# HOLISTIC ACTIVITES

3<sup>rd</sup>-9<sup>th</sup> March

MON	TUES	WEDS	FRI
<i>Sound Bathing</i> 14.00 45 mins £12	<i>Pilates Reformer Taster Session</i> 14.00 45 mins £10	<i>Meditation Workshop</i> 15.00 45 mins £10	<i>Pilates Reformer Taster Session</i> 15.00 45 mins £10
<i>Clarins Cleanse &amp; Stretch</i> 16.00 40 mins £12			<i>Sound Bathing</i> 17.10 40 mins £12

**For all Holistic sessions, please meet in the Fitness Welcome Area.**

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

### **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.

### **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.

### **Clarins Cleanse & Stretch**

Refresh your body and mind in this unique class designed in collaboration with the leading beauty brand to promote wellness inside and out. This gentle, rejuvenating session combines self-care, deep stretching and mindful breathing to help you to detoxify and release tension.

### **Meditation Workshop**

Turning your awareness internally and discovering your inner self can induce calm, reduce stress and even help you to find more meaning in life. This session provides practical guidelines to help you to master meditation with tips on how to make it part of your daily routine.

Mindful
  Cardio
  Strength
  Dance

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

**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).**

**All classes and times are subject to change.**

**Please note all outdoor sessions are weather dependant. Please meet your instructor in the Welcome Area outside the gym and ensure you are wearing appropriate footwear.**

**Some classes will also feature flashing lights.**