

# HEART STUDIO

20<sup>th</sup>-26<sup>th</sup> January

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		Roll, Release & Relax 40 mins				Roll, Release & Relax 40 mins	Introduction to Tai Chi 25 mins
16.45	Ballet Fit 45 mins	Abzone 40 mins	Legs, Bums and Tums 45 mins	Apex Advanced Spin 45 mins	Abzone 40 mins		
17:45	Apex Spin 45 mins	Strong Yoga 45 mins	Apex Spin 45 mins	Core Board 45 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

20<sup>th</sup>-26<sup>th</sup> January

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	Dance Mix 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	Yoga 75 mins	Hatha Yoga 75 mins		Pilates Ball Intermediate 50 mins	Strong Yoga 45 mins
14.00		Candlelight Yoga 90 mins		Intermediate Pilates 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Pilates 50 mins
16.00	Candlelight Stretch 40 mins	Binaural Beats Relaxation 30 mins	Mindful Fusion 40 mins	Candlelight Stretch 40 mins	Mindful Fusion 40 mins	Binaural Beats Relaxation 30 mins	Candlelight Stretch 40 mins
17.00	Lift 45 mins	Silent Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins		Dance Karaoke 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	Stretch to Relax 25 mins	Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins
19.00	Vinyasa Flow 60 mins	Pilates Advanced 45 mins	Circuits 40 mins	HIIT 40 mins	Stretch to Relax 25 mins <b>18.30</b>		

Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

20<sup>th</sup>-26<sup>th</sup> January

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	HIIT the Water 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins	Cardio Waves 25 mins	Aqua Dance 25 mins
9.30	Yoga H2O 25 mins	Aqua Flex 25 mins	Yoga H2O 25 mins			Pilates H2O 25 mins	Yoga H2O 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 Dance 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	Aqua Dance 25 mins	Pilates 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



## GYM AND OUTDOOR SESSIONS

TUES	FRI	SUN
Nordic Walk 40 mins 14.00	Country Stroll 40 mins 14.00	Nordic Walk 40 mins 14.00
		Gym Blast 45 mins 16.45

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.

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). 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.



# HOLISTIC ACTIVITES

20<sup>th</sup>-26<sup>th</sup> January

MON	THURS	FRI
<i>Sound Bathing</i> 14.00 45 mins £12	<i>Pilates Reformer Taster Session</i> 12.00 45 mins £10	<i>Sound Bathing</i> 17.00 45 mins £12
<i>Pilates Reformer Taster Session</i> 14.00 45 mins £10		

**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.