



13th-19th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 40 mins				Wake up & Stretch 40 mins
8:45	Apex Spin 45 mins	Step Intermediate 45 mins	HIIT Wheels 30 mins	Aerobic & Tone 45 mins	Apex Spin 45 mins	Glute Camp 30 mins	Step Intermediate 45 mins
9.45	HIIT 30 mins	Apex Spin 45 mins	Glute Camp 30 mins	Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45 mins
10.45	Core Board 45 mins	Vibe 30 mins	Core Board 45 mins	Drums Alive 40 mins	MenoFit 45 mins	Core Board 45 mins	
11.45	Drums Alive 40 mins	Fitness Ball 45 mins	Abzone 40 mins			Abzone 40 mins	
14.00	Pilates Intermediate 50 mins						
16.15		'What they didn't tell you about Osteoporosis' -Talk 45 mins 15.45 start		Roll, Release & Relax 40 mins		Roll, Release & Relax 40 mins	Introduction to Tai Chi 25 mins
17.15	Ballet Fit 45 mins	Gym Blast 45 mins	MenoFit 45 mins	Advanced Pilates 45 mins	Mindful Fusion 40 mins	Gym Blast 45 mins	Gym Blast 45 mins
18.15	HIIT Wheels 30 mins	Strong Yoga 30 mins	Apex Spin 30 mins	Core Board 30 mins			

Please see below for more exciting classes!



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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	MenoStrong 45 mins	Pilates Hoop 50 mins
10.00	Aerobic & Tone 50 mins	Pilates 50 mins	Lift 45 mins	Pilates Hoop 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Strictly Ballroom 30 mins
11.00	Dance Mix 45 mins	Strictly Ballroom 30 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 50 mins	Strong Yoga 45 mins
14.00		Candlelight Yoga 90 mins	Beginners Yoga 75 mins	Pilates 50 mins	Pilates 50 mins	Yoga 75 mins	Pilates 50 mins
16.00	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins	Candlelight Stretch 25 mins
17.00	Lift 45 mins	Restorative Relaxation 30 mins	Mindful Fusion 40 mins	Lift 45 mins	Sound Bathing 45 mins £15	Restorative Relaxation 30 mins	Binaural Beats Relaxation 30 mins
18.00	Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent Candlelight Stretch 40 mins	Binaural Beats Relaxation 30 mins	Silent Candlelight Stretch 40 mins	Glo Up Dance 30 mins	Silent Candlelight Stretch 40 mins
19.00	Strong Yoga 40 mins	Pilates Advanced 45 mins	Rush 30 mins	Circuits 40 mins			

Please see below for more exciting classes!

EXERCISE POOL

13th-19th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	HIIT the Water 25 mins		HIIT the Water 25 mins		Pilates H2O 25 mins		
9.30	Yoga H2O 25 mins	Aqua Flex 25 mins	Yoga H2O 25 mins	Pilates H2O 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	Cardio Waves 25 mins	Aqua Dance 25 mins	Aqua Flex 25 mins	HIIT the Water 25 mins
11:30	Pilates H2O 25 mins	Aqua Dance 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 Flex 25 mins

OUTDOOR SESSIONS

TUES	FRI	SUN
Nordic Walk 40 mins 14.00	Country Stroll 40 mins 7.45	Nordic Walk 40 mins 14.00

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.



Mindful



Cardio



Strength



Dance