



1st – 7th July

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45			Wake up & Stretch 40 mins		Binaural Beats Relaxation 30 mins		Wake up & Stretch 40 mins
8.45	Apex Spin Endurance 40 mins	Step Intermediate 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 Spin 45 mins	Apex Spin 45 mins	Apex 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		Core Board 45 mins	Drums Alive 40 mins	Ballet Fit 45 mins	Apex Spin 45 mins	
11.45	Drums Alive 40 mins	Binaural Beats Relaxation 30 mins	Abzone 40 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 Spin Endurance 45 mins		HIIT Intermediate 30 mins
17.45	Apex Spin 45 mins	Yoga Reps 45 mins	Apex Spin 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

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



1st – 7th July

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 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	Zumba 45 mins	Aerobic Fat Burner 45 mins	Lift 45 mins		Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Silent Pilates Intermediate 50 mins	Zumba 45 mins	Hatha Yoga 75 mins	Yoga 1 Hour	Pilates Ball Intermediate 50 mins	Fitness Flow 45 mins
14.00	Pilates Intermediate 50 mins	Candlelight Yoga 90 mins			Pilates 50 mins	Yin Yoga 90 mins	Silent 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
17.00	HIIT Intermediate 30 mins	Silent Candlelight Stretch 40 mins	Fitness Flow 45 mins	Silent Candlelight Stretch 40 mins	Abzone 40 mins	Dance Mix 45 mins	Binaural Beats Relaxation 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	Lift 45 mins	Pilates Advanced 45 mins	Circuits 40 mins				

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EXERCISE POOL

1st – 7th July

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

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Please arrive 5 minutes before the start time as you will not be allowed late entry.



1st – 7th July

MON	WEDS	THURS	FRI
<i>Pilates Reformer Taster</i> 14.00 45 mins No Charge	<i>Tai Chi</i> 15.45 45 mins £10	<i>Foam Rolling</i> 11.45 45 mins £10	<i>Tai Chi</i> 15.45 45 mins £10
<i>Tai Chi</i> 15.45 45 mins £10		<i>Pilates Reformer Taster</i> 14.00 45 mins No Charge	
		<i>Sunset Tai Chi Taster**</i> 19.00 25 mins £5	

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.

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

Let our in-house master lead you into the realms of meditation in motion through graceful, fluid movements in this gentle health boosting practice.

Sunset Tai Chi Taster

Cool down outside after a long day by gently flowing through a series of easy-to-master mind-body exercises that link breath, movement and nature. This form of meditation in motion will help you to find calm, recuperate from the stress of the day and use the energy of the setting sun to restore and rejuvenate.

**** Please meet your instructor in the waiting area outside the gym at least 5 minutes before the start of the session, and ensure you are wearing appropriate footwear.**

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.



OUTDOOR SESSIONS

1st – 7th July

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<i>Introduction to Tai Chi 25 mins 7.45</i>	<i>Yoga Reps 45 mins 10.45</i>	<i>XCO Walk 45 mins 14.00</i>	<i>Intermediate Pilates 50 mins 14.00</i>	<i>Nordic Walk 45 mins 11.00</i>	<i>XCO Walk 45 mins 9.30</i>	<i>Country Stroll 40 mins 14.00</i>
	<i>Nordic Walk 45 mins 14.00</i>	<i>Ride 45 mins 15.00</i>	<i>Bootcamp 45 mins 17.45</i>		<i>HIIT Intermediate 30 mins 16.45</i>	

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

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