

# HEART STUDIO

29<sup>th</sup> April – 5<sup>th</sup> May

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	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 Advanced 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	Yoga Reps 45 mins	Core board 45 mins	Drums Alive 40 mins	Ballet Fit 45 mins	Apex Spin 45 mins	
11.45	Drums Alive 40 mins	Introduction To Tai Chi 25 mins	Abzone 40 mins	Hatha Yoga 75 mins <b>12.00</b>		Legs Tums & Bums 45 mins	
15.45				Pilates Intermediate 50 mins <b>14.00</b>			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](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

29<sup>th</sup> April – 5<sup>th</sup> May

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 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	Zumba 45 mins
11.00	Zumba 45 mins	Dance Mix 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	Dance Mix 45 mins			Pilates 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 Intermediate 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	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	Yoga Flow Intermediate 1 Hour	Pilates Advanced 45 mins	Circuits 40 mins	Abzone 40 mins			

Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

29<sup>th</sup> April – 5<sup>th</sup> May

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	Aqua Dance 25 mins
9:30	Aqua Dance 25 mins	Pilates H2O 25 mins		Pilates H2O 25 mins	HIIT the Water 25 mins	Aqua Circuit 25 mins	Cardio Waves 25 mins
10:00	Cardio Waves 25 mins	HIIT the Water 25 mins	Aqua Dance 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Pilates H2O 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	Cardio Waves 25 mins	Aqua Flex 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Yoga H2O 25 mins
16:00	Aqua Flex 25 mins	Pilates H2O 25 mins	HIIT the Water 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 <b>14.00</b>			Wellness Walk 40 mins <b>14.00</b>		BOOTCAMP 45 mins <b>10.45</b>

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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Please be aware all Silent classes use headphones.

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



# HOLISTIC ACTIVITES

29<sup>th</sup> April – 5<sup>th</sup> May

WEDS	THURS	FRI	SUN
<i>Discover Yoga</i> <b>14.00</b> 50 mins £10	<i>Pilates Reformer Taster</i> <b>14.00</b> 45 mins No Charge	<i>Yoga Dance</i> <b>11.00</b> £10 45 mins	<i>Foam Rolling</i> <b>12.30</b> 45 mins £10
		<i>Sound Bathing</i> <b>12.15</b> 45 mins £12	

**All of 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.

### **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.

### **Yoga Dance**

Combining mantric music of different tempos with fluid yoga poses and breathing techniques. As you learn to surrender to gravity you'll discover this is a truly unique form of meditation in motion.