

HEART STUDIO

5th – 11th August

| 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 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 Advanced Spin 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 | Apex Spin 45 mins | |
| 11.45 | Drums Alive 40 mins | Introduction to Tai Chi 25 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 | Strong Yoga 45 mins | Apex Spin Endurance 45 mins | | HIIT Intermediate 30 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

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



5th – 11th August

| 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 | Zumba 45 mins |
| 11.00 | Dance Mix 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 | Pilates Intermediate 50 mins | Zumba 45 mins | Hatha Yoga 75 mins | Yoga 1 Hour | Pilates Ball Intermediate 50 mins | Strong Yoga 45 mins |
| 14.00 | Pilates Intermediate 50 mins | | | | Pilates 50 mins | Hatha 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 | Binaural Beats Relaxation 30 mins | Candlelight Stretch 40 mins |
| 17.00 | Lift 45 mins | Silent Candlelight Stretch 40 mins | Strong Yoga 45 mins | Lift 45 mins | Abzone 45 mins | Dance Mix 45 mins | Binaural Beats Relaxation 30 mins |
| 18.00 | Silent Candlelight Stretch 40 mins | | Silent Candlelight Stretch 40 mins | | Silent Candlelight Stretch 40 mins | Candlelight Stretch 40 mins | Silent Candlelight Stretch 40 mins |
| 19.00 | Vinyasa Flow 60 mins | Pilates Advanced 45 mins | Circuits 40 mins | Abzone 45 mins | | | |

Mindful
 Cardio
 Strength
 Dance



EXERCISE POOL

5th – 11th August

| TIME | MON | TUES | WEDS | THURS | FRI | SAT | SUN |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 9:00 | <i>HIIT the Water 25 mins</i> | <i>Cardio Waves 25 mins</i> | <i>Aqua Flex 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>Aqua Dance 25 mins</i> | <i>Pilates H2O 25 mins</i> | <i>HIIT the Water 25 mins</i> | | <i>HIIT the Water 25 mins</i> | <i>Aqua Circuit 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 Flex 25 mins</i> | <i>Yoga H2O 25 mins</i> | <i>Pilates H2O 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>Aqua Dance 25 mins</i> | <i>Aqua Flex 25 mins</i> | <i>Aqua Flex 25 mins</i> | <i>Aqua Dance 25 mins</i> | <i>Yoga 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> |



OUTDOOR SESSIONS

| MON | TUES | THURS | FRI | SAT | SUN |
|---|---------------------------------------|---|--|--|--|
| <i>Introduction to Tai Chi</i> 25 mins 7.45 | <i>Pickleball</i> 45 mins 10.00 | <i>Pickleball</i> 45 mins 11.00 | <i>Country Stroll*</i> 40 mins 14.00 | <i>XCO Walk</i> 45 mins 14.00 | <i>Country Stroll*</i> 40 mins 14.00 |
| | <i>XCO Walk</i> 45 mins 11.00 | <i>Intermediate Pilates</i> 50 mins 14.00 | | <i>HIIT Intermediate</i> 30 mins 16.45 | |
| | <i>Bootcamp</i> 45 mins 18.00 | | | | |

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.

* For the Country Stroll we ask that you meet your instructor at the bell in front of the hall.

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

5th – 11th August

| MON | TUES | WEDS | THURS | FRI |
|--|---|--|--|--|
| <i>Pilates Reformer Taster</i> 14.00 45 mins No Charge | <i>Sea Magik Breathe & Let Go</i> 16.00 40 mins £10 | <i>Tai Chi</i> 15.45 45 mins £10 | <i>Pilates Reformer Taster</i> 14.00 45 mins No Charge | <i>Tai Chi</i> 15.45 45 mins £10 |
| <i>Tai Chi</i> 15.45 45 mins £10 | | | | |

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.

Tai Chi

We offer both a traditional form of this gentle, health boosting practice and also 2 uniquely relaxing versions based on ancient combat weapon techniques, but transposed into graceful, fluid movement patterns.

Let our in-house master lead you into the realms of meditation in motion.

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.

Sea Magik Breathe & Let Go

A slow wellbeing focussed class in collaboration with Sea Magik.