



17th-23rd November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins		Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins
8:45	Apex Spin 45 mins	Step Intermediate 45 mins	HIIT Wheels 30 mins	Intermediate Step 45 mins	Apex Spin 45 mins	Glute Camp 30 mins	Step Intermediate 45 mins
9.45	HIIT 30 mins	Silent Apex Spin 45 mins	Glute Camp 30 mins	Silent Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45mins
10.45	Core Board 45 mins	Vibe 30 mins	Core Board 45 mins	Drums Alive 40 mins	Vibe 30 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	Tai Chi Fan 15.45 start 45 mins	Roll, Release & Relax 40 mins	Tai Chi Sword 15.45 start 45 mins	Roll, Release & Relax 40 mins	Tai Chi 15.45 start 45 mins	Gym Blast 45 mins	Gym Blast 45 mins
17.15	Ballet Fit 45 mins	Gym Blast 45 mins	Legs, Bums and Tums 45 mins	Advanced Pilates 45 mins	Mindful Fusion 40mins	Roll,Release &Relax 40mins	Introduction toTaiChi 25mins
18.15	HIIT Wheels 30 mins	Abzone 30 mins	Apex Spin 30 mins	Core Board 30 mins			

Please see below formore exciting classes!



17th-23rd November

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 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	Strictly Ballroom 30 mins	Strictly Ballroom 30 mins	Aerobic Fat Burner 45mins	Lift 45mins	StrongYoga 45mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins		HathaYoga 75 mins		Pilates Ball 50 mins	Strong Yoga 45 mins
14:00	Sound Bathing 45 mins £15	Candlelight Yoga 90 mins	Beginners Yoga 75mins	Pilates 50 mins	Pilates 50mins	Yin Yoga 90 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 45mins	Restorative Relaxation 30 mins	Mindful Fusion 40 mins	Binaural Beats Relaxation 30 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	Lift 45 mins	Silent Candlelight Stretch 40mins	Glo Up Dance 30 mins	Silent Candlelight Stretch 40mins
19.00	Circuits 40 mins	Pilates Advanced 45 mins	Rush 30 mins	Strong Yoga 45 mins			

Please see below formore exciting classes!

EXERCISE POOL

17th-23rd November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	<i>HIIT the Water</i> 25 mins	<i>Aqua Flex</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Pilates H2O</i> 25 mins	<i>Pilates H2O</i> 25 mins	<i>Pilates H2O</i> 25 mins	<i>Yoga H2O</i> 25 mins
10:00	<i>Cardio Waves</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Cardio Waves</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Cardio Waves</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Cardio Waves</i> 25 mins
10:45	<i>Aqua Dance</i> 25 mins	<i>Yoga H2O</i> 25 mins	<i>Pilates H2O</i> 25 mins	<i>Cardio Waves</i> 25 mins	<i>Aqua Dance</i> 25 mins	<i>Aqua Flex</i> 25 mins	<i>HIIT the Water</i> 25 mins
11:30	<i>Pilates H2O</i> 25 mins	<i>Aqua Dance</i> 25 mins	<i>Aqua Dance</i> 25 mins	<i>Aqua Dance</i> 25 mins	<i>Aqua Flex</i> 25 mins	<i>Aqua Dance</i> 25 mins	<i>Pilates H2O</i> 25 mins
16:00	<i>Aqua Flex</i> 25 mins	<i>Pilates H2O</i> 25 mins	<i>Aqua Flex</i> 25 mins	<i>Yoga H2O</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Yoga H2O</i> 25 mins	<i>Aqua Flex</i> 25 mins

OUTDOOR SESSIONS

TUES	SUN
<i>Nordic Walk</i> 40 mins 14.00	<i>Nordic Walk</i> 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 viafitness@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



24th-30th November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins		Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins
8:45	Apex Spin 45 mins	Step Intermediate 45 mins	HIIT Wheels 30 mins	Intermediate Step 45 mins	Apex Spin 45 mins	Glute Camp 30 mins	Step Intermediate 45 mins
9.45	HIIT 30 mins	Silent Apex Spin 45 mins	Glute Camp 30 mins	Silent Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45mins
10.45	Core Board 45 mins	Vibe 30 mins	Core Board 45 mins	Drums Alive 40 mins	Vibe 30 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	Tai Chi Fan 15.45 start 45 mins	Roll, Release & Relax 40 mins	Tai Chi Sword 15.45 start 45 mins	Roll, Release & Relax 40 mins	Tai Chi 15.45 start 45 mins	Gym Blast 45 mins	Gym Blast 45 mins
17.15	Ballet Fit 45 mins	Abzone 40 mins	Legs, Bums and Tums 45 mins	Advanced Pilates 45 mins	Mindful Fusion 40mins	Roll,Release &Relax 40mins	Introduction toTaiChi 25mins
18.15	HIIT Wheels 30 mins	Strong Yoga 30 mins	Apex Spin 30 mins	Core Board 30 mins			

Please see below formore exciting classes!



24th-30th November

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 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	Strictly Ballroom 30 mins	Strictly Ballroom 30 mins	Aerobic Fat Burner 45mins	Lift 45mins	StrongYoga 45mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins		HathaYoga 75 mins		Pilates Ball 50 mins	Strong Yoga 45 mins
14:00	Sound Bathing 45 mins £15	Candlelight Yoga 90 mins	Beginners Yoga 75mins	Pilates 50 mins	Pilates 50mins	Yin Yoga 90 mins	Pilates 50 mins
16.00	Candlelight Stretch 25 mins	Restorative Relaxation 30 mins	Candlelight Stretch 25 mins	Restorative Relaxation 30 mins	Candlelight Stretch 25 mins	Restorative Relaxation 30 mins	Candlelight Stretch 25 mins
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18.00	Silent Candlelight Stretch 40 mins		Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent Candlelight Stretch 40mins	Glo Up Dance 30 mins	Silent Candlelight Stretch 40mins
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24th-30th November

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10:00	<i>Cardio Waves</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Cardio Waves</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Cardio Waves</i> 25 mins	<i>HIIT the Water</i> 25 mins	<i>Cardio Waves</i> 25 mins
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TUES	SUN
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Mindful



Cardio



Strength



Dance



1st-7th December

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins		Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins
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OUTDOOR SESSIONS

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<i>NordicWalk</i> 40mins 14.00

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