



22nd-29th December

TIME	MON	TUES	Christmas Eve	Christmas Day	Boxing Day	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins				Wake up & Stretch 25 mins
8:45	Apex Spin 45 mins	Step Intermediate 45 mins	HIIT Wheels 30 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	Apex Spin 45 mins	Apex Spin 45mins
10.45	Core Board 45 mins	Vibe 30 mins	Core Board 45 mins	Strictly Ballroom 30mins	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 50mins						
16.15		Roll, Release & Relax 40 mins			TaiChi 15.45start 45mins	Gym Blast 45 mins	Gym Blast 45 mins
17.15	Ballet Fit 45 mins	Gym Blast 45 mins				Roll,Release &Relax 40mins	Introduction toTaiChi 25mins
18.15	HIIT Wheels 30 mins	Abzone 30 mins					



22nd-29thDecember

TIME	MON	TUES	Christmas Eve	Christmas Day	Boxing Day	SAT	SUN
9.00	Pilates Ball 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Pilates <u>9.15 Start</u> 45 mins	Lift 45 mins	Lift 45 mins	Pilates Hoop 50 mins
10.00	Aerobic & Tone 50 mins	Pilates 50 mins	Lift 45 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		StrongYoga 45mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50mins				Pilates Ball 50 mins	Strong Yoga 45 mins
14:00	Sound Bathing 45 mins £15		PilatesBall 50mins		Pilates 50mins	Yin Yoga 90 mins	Pilates 50 mins
16.00	Candlelight Stretch 25 mins	Restorative Relaxation 30 mins	Candlelight Stretch 25 mins		Candlelight Stretch 25 mins	Restorative Relaxation 30 mins	Candlelight Stretch 25 mins
17.00	Lift 45mins	Candlelight Stretch 25 mins	Mindful Fusion 40mins		Restorative Relaxation 30mins	Candlelight Stretch 25 mins	Binaural Beats Relaxation 30 mins
18.00	Silent Candlelight Stretch 40 mins	Lift 45 mins				Glo Up Dance 30 mins	Silent Candlelight Stretch 40mins
19.00	Circuits 40 mins	Pilates Advanced 45 mins					

EXERCISE POOL

22nd-29th December

TIME	MON	TUES	Christmas Eve	Christmas Day	Boxing Day	SAT	SUN
9.00	<i>HIIT the Water</i> 25 mins	<i>Aqua Dance</i> 25 mins	<i>HIIT the Water</i> 25 mins		<i>Pilates H2O</i> 25 mins	<i>Aqua Dance</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>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 Flex</i> 25 mins	<i>Aqua Dance</i> 25 mins		<i>Aqua Flex</i> 25 mins	<i>Pilates H2O</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>HIIT the Water</i> 25 mins	<i>Yoga H2O</i> 25 mins	<i>Aqua Flex</i> 25 mins

OUTDOOR SESSIONS

TUES	ChristmasDay	SUN
<i>Nordic Walk</i> 40 mins 14.00	<i>CountryWalk</i> 45 mins 8.30	<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 Ext318 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
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29th December – 4th January

TIME	MON	TUES	New Year's Eve	New Year's Day	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		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 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 45mins	Roll, Release & Relax 40 mins		Gym Blast 45 mins	Gym Blast 45 mins
17.15	Ballet Fit 45 mins	Gym Blast 45 mins		Advanced Pilates 45mins	Mindful Fusion 40mins	Roll, Release & Relax 40mins	Introduction to Tai Chi 25mins
18.15	HIIT Wheels 30 mins	Abzone 30 mins					



29th December– 4th January

TIME	MON	TUES	New Year's Eve	New Year's Day	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				Pilates Ball 50 mins	Strong Yoga 45 mins
14:00		Candlelight Yoga 90 mins		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
17.00	Lift 45mins	Candlelight Stretch 25 mins	Mindful Fusion 40mins	Binaural Beats Relaxation 30mins	Sound Bathing 45 mins £15	Candlelight Stretch 25 mins	Binaural Beats Relaxation 30 mins
18.00	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					



EXERCISE POOL

29th December – 4th December

TIME	MON	TUES	New Year's Eve	New Year's Day	FRI	SAT	SUN
9.00	<i>HIIT the Water 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>HIIT the Water 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>Yoga H2O 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 Dance 25 mins</i>	<i>Yoga H2O 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Cardio Waves 25 mins</i>	<i>Aqua Dance 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 Flex 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Aqua Flex 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Pilates 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 Flex 25 mins</i>



OUTDOOR SESSIONS

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

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 Ext318 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
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HEART STUDIO

5th – 11th January

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	Apex Spin 45 mins	Glute Camp 30 mins	Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins Core Board 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		
11.45	Drums Alive 40 mins	Fitness Ball 45 mins	Abzone 40 mins			Abzone 40 mins	
16.15	TaiChiFan 45mins	Roll, Release & Relax 40 mins	Tai ChiSword 45mins	Overcoming Barriers Talk 45 mins 3.45 Start	TaiChi 45mins	Gym Blast 45 mins	Gym Blast 45 mins
17.15	Advanced Pilates 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	Apex Spin 30 mins	Abzone 30 mins	HIIT Wheels 30 mins	Core Board 30 mins			



5th-11th January

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 45 mins	Lift 45 mins	Strictly Ballroom 30 mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins	The Art of Self Reiki 50 mins £15	Hatha Yoga 75 mins	The Art of Self Reiki 50 mins £15	Pilates Ball 50 mins	Strong Yoga 45 mins
14.00	Sound Bathing 40 mins £15	Candlelight Yoga 90 mins	Pilates Ball 50 mins	Pilates 50 mins	Pilates 50 mins	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
16.30	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
17.10	Lift 45 mins 17.05 Start	Candlelight Stretch 25 mins	Mindful Fusion 40 mins	Binaural Beats Relaxation 30 mins	Sound Bathing 40 mins £15	Candlelight Stretch 25 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	Glo Up Dance 30 mins	Silent Candlelight Stretch 40 mins
19.00	Circuits 40 mins	Pilates Advanced 45 mins	Rush 30 mins	Strong Yoga 45 mins			

EXERCISE POOL

5th – 11th January

TIME	MON	TUES Aqua	WEDS HIIT the	THURS Aqua	FRI	SAT	SUN
9.00	HIIT the Water 25 mins	Dance 25 mins	Water 25 mins	Dance 25 mins	Pilates H2O 25 mins	Aqua Dance 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 Flex 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Pilates H2O 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	SUN
Nordic Walk 40 mins 14.00	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.

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 Mindful	 Cardio	 Strength	 Dance
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