



12th – 18th January

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



12th – 18th 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	Dance Party 30 mins
11.00	DanceParty 30mins	Dance Party 30 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	DanceParty 30mins	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 50mins	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
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 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			



EXERCISE POOL

12th – 18th January

TIME	MON	TUES	WEDS	THURS	FRI	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>Aqua Dance</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>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 Flex</i>	<i>Aqua Flex</i> 25 mins <i>Pilates H2O</i>	<i>Aqua Dance</i> 25 mins <i>Aqua Flex</i>	<i>Pilates H2O</i> 25 mins <i>Yoga H2O</i>	<i>Aqua Flex</i> 25 mins <i>HIIT the Water</i>	<i>Pilates H2O</i> 25 mins <i>Yoga H2O</i>	<i>Pilates H2O</i> 25 mins <i>Aqua Flex</i>
16:00	25 mins	25 mins	25 mins	25 mins	25 mins	25 mins	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 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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19th-25th January

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Silent Apex Spin 30 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	Intermediate Step 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 45 mins
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	
16.15	Tai Chi Fan 45 mins	Roll, Release & Relax 40 mins	Tai Chi Sword 45 mins	Overcoming Barriers Talk 45 mins 15.45 Start	Tai Chi 45 mins	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 40 mins	Roll, Release & Relax 40 mins	Introduction to Tai Chi 25 mins
18.15	HIIT Wheels 30 mins	Abzone 30 mins	Apex Spin 30 mins	Core Board 30 mins			

Please see below for more sessions!



19th-25th January

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	Pilates Ball 50 mins	Legs, Bums and Tums 45 mins	Pilates 50 mins	Legs, Bums and Tums 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	Dance Party 30 mins
11.00	Dance Party 30 mins	Dance Party 30 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	Dance Party 30 mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins	The Art of Self Reiki £15 50 mins	Hatha Yoga 75 mins	The Art of Self Reiki £15 50 mins	Pilates Ball 50 mins	Strong Yoga 45 mins
14.00	Sound Bathing 45 mins £15	Candlelight Yoga 90 mins	Pilates Ball 50 mins	Pilates 50 mins	Pilates 50 mins	Yin Yoga 75 mins	Pilates 50 mins
16.00	Candlelight Stretch 25 mins	Restorative Relaxation 25 mins	Candlelight Stretch 25 mins	Restorative Relaxation 25 mins	Candlelight Stretch 25 mins	Restorative Relaxation 25 mins	Candlelight Stretch 25 mins
16.30	Candlelight Stretch 25 mins	Restorative Relaxation 25 mins	Candlelight Stretch 25 mins	Restorative Relaxation 25 mins	Candlelight Stretch 25 mins	Restorative Relaxation 25 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 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 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

19th-25th January

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	HIIT the Water 25 mins	Aqua Dance 25 mins	HIIT the Water 25 mins	Aqua 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.

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

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



26th January - 1st February

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Silent Apex Spin 30 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	Intermediate Step 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 45 mins
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		Abzone 40 mins			Abzone 40 mins	
16.15	Tai Chi Fan 45 mins	Roll, Release & Relax 40 mins	Tai Chi Sword 45 mins	Overcoming Barriers Talk 15.45 start 45 mins	Tai Chi 45 mins	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 40 mins	Roll, Release & Relax 40 mins	Introduction to Tai Chi 25 mins
18.15	HIIT Wheels 30 mins	Abzone 30 mins	Apex Spin 30 mins	Core Board 30 mins			

Please see below for more sessions!



26th January - 1st February

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	Pilates Ball 50 mins	Legs, Bums and Tums 45 mins	Pilates 50 mins	Legs, Bums and Tums 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	Dance Party 30 mins
11.00	Dance Party 30 mins	Dance Party 30 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	Dance Party 30 mins	Pilates Beginners 50 mins	Lift 45 mins
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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

26th January - 1st February

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
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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

SUN
Nordic Walk 40 mins 14.00

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