

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 Cycle 45 mins	Step Intermediate 45 mins	HIIT Wheels 30 mins	Intermediate Step 45 mins	Apex Cycle 45 mins	Glute Camp 30 mins	Intermediate Step 45 mins
9.45	HIIT 30 mins	Apex Cycle 45 mins	Glute Camp 30 mins	Apex Cycle 45 mins	Pilates Beginners 50 mins	Apex Cycle 45 mins	Apex Cycle 45 mins
10.45	Core Board 45 mins	Pilates Reformer £25	Core Board 45 mins	Drums Alive 40 mins	Pilates Reformer £25	Core Board 45 mins	
11.45	Drums Alive 40 mins	Fitness Ball 45 mins	Abzone 40 mins			Abzone 40 mins	
14.00	Pilates Reformer £25	Pilates Reformer £25	Pilates Reformer £25	Pilates Reformer £25	Pilates Reformer £25	Pilates Reformer £25	Pilates Reformer £25
16.15		Roll, Release & Relax 40 mins		Roll, Release & Relax 40 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 Cycle 30 mins	Core Board 30 mins			

Please see below for more sessions!

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		Hatha Yoga 75 mins		Pilates Ball 50 mins	Roll, Release & Relax 40 mins
14.00	Sound Bathing 40 mins £20	Candlelight Yoga 90 mins	Pilates Ball 50 mins	Pilates 50 mins	Pilates 50 mins		Pilates 50 mins
16.00	Candlelight Stretch 30 mins	Restorative Relaxation 30 mins	Candlelight Stretch 30 mins	Restorative Relaxation 30 mins	Candlelight Stretch 30 mins	Restorative Relaxation 30 mins	Candlelight Stretch 30 mins
17.00	Lift 45 mins	Candlelight Stretch 25 mins	Mindful Fusion 40 mins	Binaural Beats Relaxation 30 mins	Sound Bathing 40 mins £20	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	Rush 30 mins	Pilates Advanced 45 mins	Hatha Yoga 75 mins	Gym Blast 45 mins			

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 H20 25 mins	Aqua Dance 25 mins	Yoga H20 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 H20 25 mins	Pilates H20 25 mins	Cardio Waves 25 mins	Aqua Dance 25 mins	Aqua Flex 25 mins	HIIT the Water 25 mins
11.30	Pilates H20 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Pilates H20 25 mins	Aqua Flex 25 mins	Pilates H20 25 mins	Pilates H20 25 mins
16.00	Aqua Flex 25 mins	Pilates H20 25 mins	Aqua Flex 25 mins	Yoga H20 25 mins	HIIT the Water 25 mins	Yoga H20 25 mins	Aqua Flex 25 mins



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](mailto: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.

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7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 25 mins		Wake up & Stretch 25 mins		Wake up & Stretch 25 mins
8.45	Apex Cycle 45 mins	Step Intermediate 45 mins	HIIT Wheels 30 mins	Intermediate Step 45 mins	Apex Cycle 45 mins	Glute Camp 30 mins	Intermediate Step 45 mins
9.45	HIIT 30 mins	Apex Cycle 45 mins	Glute Camp 30 mins	Apex Cycle 45 mins	Pilates Beginners 50 mins	Apex Cycle 45 mins	Apex Cycle 45 mins
10.45	Core Board 45 mins	Pilates Reformer 50 mins £25	Core Board 45 mins	Drums Alive 40 mins	Pilates Reformer 50 mins £25	Core Board 45 mins	
11.45	Drums Alive 40 mins		Abzone 40 mins			Abzone 40 mins	
14.00	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25	Pilates Reformer 50 mins £25
16.15	Tai Chi Fan 45 mins	Roll, Release & Relax 40 mins	Tai Chi Sword 45 mins	Roll, Release & Relax 40 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 Cycle 30 mins	Core Board 30 mins			

Please see below for more sessions!

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		The Art of Self Reiki £18 50 mins	Hatha Yoga 75 mins	Qigong workshop £18 50 mins	Pilates Ball 50 mins	Roll, Release & Relax 40 mins
14.00	Sound Bathing 40 mins £20	Candlelight Yoga 90 mins	Pilates Ball 50 mins	Pilates 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Pilates 50 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	Candlelight Stretch 25 mins	Silent Candlelight Stretch 40 mins
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TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	HIIT the Water 25 mins	Aqua Flex 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	Pilates H20 25 mins	Pilates H20 25 mins	Yoga H20 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 H20 25 mins	Pilates H20 25 mins	Aqua Dance 25 mins	Aqua Dance 25 mins	Aqua Flex 25 mins	HIIT the Water 25 mins
11.30	Pilates H20 25 mins	Aqua Dance 25 mins	Aqua Dance 25 mins	Pilates H20 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Pilates H20 25 mins
16.00	Aqua Flex 25 mins	Pilates H20 25 mins	Aqua Flex 25 mins	Yoga H20 25 mins	HIIT the Water 25 mins	Yoga H20 25 mins	Aqua Flex 25 mins



TUES	SUN
Nordic Walk 40 mins 14.00	Nordic Walk 40 mins 14.00

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9.00	HIIT the Water 25 mins	Yoga H2O 25 mins	HIIT the Water 25 mins	Pilates H2O 25 mins	Pilates H2O 25 mins	Pilates H2O 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	Yoga H2O 25 mins	Cardio Waves 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	Aqua Dance 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins
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