

# HEART STUDIO

31st August to 6th September

| TIME  | MON                                | TUES                               | WEDS                               | THURS                                                     | FRI                                                       | SAT                                | SUN                                |
|-------|------------------------------------|------------------------------------|------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|------------------------------------|------------------------------------|
| 7.45  | Wake up & Stretch<br>25 mins       |                                    | Introduction to Tai Chi<br>25 mins |                                                           | Introduction to Tai Chi<br>25 mins                        |                                    | Wake up & Stretch<br>25 mins       |
| 8.45  | Apex Cycle<br>45 mins              | Step Intermediate<br>45 mins       | HIIT Wheels<br>30 mins             | Intermediate Step<br>45 mins                              | Apex Cycle<br>45 mins                                     | Glute Camp<br>30 mins              | Intermediate Step<br>45 mins       |
| 9.45  | HIIT<br>30 mins                    | Apex Cycle<br>45 mins              |                                    | Apex Cycle<br>45 mins                                     | Pilates Beginners<br>50 mins                              | Apex Cycle<br>45 mins              | Apex Cycle<br>45 mins              |
| 10.45 | Core Board<br>45 mins              | Fitness Ball<br>45 mins            | Core Board<br>45 mins              | Drums Alive<br>40 mins                                    | Pilates Reformer<br>50 mins<br>£25                        | Core Board<br>45 mins              |                                    |
| 11.45 | Drums Alive<br>40 mins             | Pilates Reformer<br>50 mins<br>£25 | Abzone<br>40 mins                  |                                                           |                                                           | Abzone<br>40 mins                  | Roll, Release & Relax<br>40 mins   |
| 14.00 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25<br><b><u>15.00</u></b> | Pilates Reformer<br>50 mins<br>£25<br><b><u>15.00</u></b> | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 |
| 16.15 | Tai Chi Fan<br>45 mins             | Roll, Release & Relax<br>40 mins   | Tai Chi Sword<br>45 mins           | Roll, Release & Relax<br>40 mins                          | Tai Chi<br>45 mins                                        | Gym Blast<br>45 mins               | Gym Blast<br>45 mins               |
| 17.15 | Advanced Pilates<br>45 mins        | Gym Blast<br>45 mins               | Legs, Bums and Tums<br>45 mins     | Advanced Pilates<br>45 mins                               | Roll, Release & Relax<br>40 mins                          | Mindful Fusion<br>40 mins          | Introduction to Tai Chi<br>25 mins |
| 18.15 | HIIT Wheels<br>30 mins             | Abzone<br>30 mins                  | Apex Cycle<br>30 mins              | Core Board<br>30 mins                                     |                                                           |                                    |                                    |

Mindful
  Cardio
  Strength
  Dance

# SOUL STUDIO

31st August to 6th September

| TIME  | MON                                         | TUES                                  | WEDS                                       | THURS                                      | FRI                                         | SAT                                  | SUN                                         |
|-------|---------------------------------------------|---------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------------------------|--------------------------------------|---------------------------------------------|
| 9.00  | Pilates Ball<br>50 mins                     | Legs, Bums<br>and Tums<br>45 mins     | Pilates<br>50 mins                         | Legs, Bums<br>and Tums<br>45 mins          | Lift<br>45 mins                             | Lift<br>45 mins                      | Pilates Hoop<br>50 mins                     |
| 10.00 | Aerobic &<br>Tone<br>50 mins                | Pilates<br>50 mins                    | Lift<br>45 mins                            | Pilates Hoop<br>50 mins                    | Aerobic &<br>Tone<br>50 mins                | Aerobic Fat<br>Burner<br>45 mins     | Dance Party<br>30 mins                      |
| 11.00 | Dance Party<br>30 mins                      | Dance Party<br>30 mins                | Aerobic Fat<br>Burner<br>45 mins           | Lift<br>45 mins                            | Dance Party<br>30 mins                      | Pilates<br>Beginners<br>50 mins      | Lift<br>45 mins                             |
| 12.00 | Lift<br>45 mins                             | Pilates<br>Intermediate<br>50 mins    | The Art of<br>Self Reiki<br>£18<br>50 mins | Hatha Yoga<br>75 mins                      | Ten Tai Chi<br>£18<br>60 mins               | Pilates Ball<br>50 mins              |                                             |
| 14.00 | Sound<br>Bathing<br>40 mins<br>£20          | Candlelight<br>Yoga<br>90 mins        | Pilates Ball<br>50 mins                    | Pilates<br>50 mins                         | Pilates<br>50 mins                          | Yin Yoga<br>90 mins                  | Pilates<br>50 mins                          |
| 16.00 | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins  | Candlelight<br>Stretch<br>40 mins          | Restorative<br>Relaxation<br>30 mins       | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>30 mins           |
| 17.00 | Lift<br>45 mins                             | Candlelight<br>Stretch<br>25 mins     | Mindful<br>Fusion<br>40 mins               | Binaural<br>Beats<br>Relaxation<br>30 mins | Sound<br>Bathing<br>40 mins<br>£20          | Candlelight<br>Stretch<br>25 mins    | Binaural<br>Beats<br>Relaxation<br>30 mins  |
| 18.00 | Silent<br>Candlelight<br>Stretch<br>40 mins | Lift<br>45 mins                       |                                            | Lift<br>45 mins                            | Silent<br>Candlelight<br>Stretch<br>40 mins | Glo Up<br>Dance<br>30 mins           | Silent<br>Candlelight<br>Stretch<br>40 mins |
| 19.00 |                                             | Pilates<br>Reformer<br>50 mins<br>£25 | Hatha Yoga<br>75 mins                      |                                            |                                             |                                      |                                             |



Mindful



Cardio



Strength



Dance

# EXERCISE POOL

31st August to 6th September

| TIME  | MON                       | TUES                      | WEDS                    | THURS                     | FRI                       | SAT                       | SUN                       |
|-------|---------------------------|---------------------------|-------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 9.30  | HIIT the Water<br>25 mins | HIIT the Water<br>25 mins | Cardio Waves<br>25 mins | HIIT the Water<br>25 mins |                           | HIIT the Water<br>25 mins | Yoga H2O<br>25 mins       |
| 10.30 | Cardio Waves<br>25 mins   | Yoga H2O<br>25 mins       | Pilates H2O<br>25 mins  | Cardio Waves<br>25 mins   | Cardio Waves<br>25 mins   | Aqua Flex<br>25 mins      | Cardio Waves<br>25 mins   |
| 11.30 | Aqua Dance<br>25 mins     | Aqua Flex<br>25 mins      |                         | Pilates H2O<br>25 mins    | Aqua Flex<br>25 mins      | Pilates H2O<br>25 mins    | HIIT the Water<br>25 mins |
| 16.00 | Aqua Flex<br>25 mins      | Pilates H2O<br>25 mins    | Aqua Flex<br>25 mins    | Yoga H2O<br>25 mins       | HIIT the Water<br>25 mins | Yoga H2O<br>25 mins       | Aqua Flex<br>25 mins      |

## OUTDOOR ACTIVITIES

| TUES                               | WED                           | THURS                          | SAT                            | SUN                             |
|------------------------------------|-------------------------------|--------------------------------|--------------------------------|---------------------------------|
| Country Stroll<br>40 mins<br>14.00 | Glute Camp<br>30 mins<br>9.45 | Pickleball<br>45 mins<br>11.30 | Pickleball<br>45 mins<br>11.45 | Nordic Walk<br>40 mins<br>14.00 |

Please arrive 5 minutes early, as entry is not permitted once the class has started.

To avoid disappointment, book classes in advance (after completing your health questionnaire) online, at the gym (Ext. 318), or via [fitness@ragdalehall.co.uk](mailto:fitness@ragdalehall.co.uk).

Class times and schedules are subject to change.

Outdoor sessions are weather dependent. Please meet your instructor in the Welcome Area outside the gym and wear appropriate footwear.

Some classes may include flashing lights.

Mindful
  Cardio
  Strength
  Dance

# HEART STUDIO

7th to 13th September

| TIME  | MON                                | TUES                               | WEDS                               | THURS                              | FRI                                | SAT                                | SUN                                |
|-------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 7.45  | Introduction to Tai Chi<br>25 mins |                                    | Wake up & Stretch<br>25 mins       |                                    | Introduction to Tai Chi<br>25 mins |                                    | Wake up & Stretch<br>25 mins       |
| 8.45  | Apex Cycle<br>45 mins              | Step Intermediate<br>45 mins       | HIIT Wheels<br>30 mins             | Intermediate Step<br>45 mins       | Apex Cycle<br>45 mins              | Glute Camp<br>30 mins              | Intermediate Step<br>45 mins       |
| 9.45  | HIIT<br>30 mins                    | Apex Cycle<br>45 mins              |                                    | Apex Cycle<br>45 mins              | Pilates<br>50 mins                 | Apex Cycle<br>45 mins              | Apex Cycle<br>45 mins              |
| 10.45 | Core Board<br>45 mins              | Pilates Reformer<br>50 mins<br>£25 | Core Board<br>45 mins              | Drums Alive<br>40 mins             | Pilates Reformer<br>50 mins<br>£25 | Core Board<br>45 mins              |                                    |
| 11.45 | Drums Alive<br>40 mins             |                                    | Abzone<br>40 mins                  |                                    |                                    | Abzone<br>40 mins                  | Roll, Release & Relax<br>40 mins   |
| 14.00 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 |
| 16.15 | Tai Chi Fan<br>45 mins             | Roll, Release & Relax<br>40 mins   |                                    | Advanced Pilates<br>45 mins        |                                    | Gym Blast<br>45 mins               | Gym Blast<br>45 mins               |
| 17.15 | Advanced Pilates<br>45 mins        | Gym Blast<br>45 mins               | Legs, Bums and Tums<br>45 mins     | Roll, Release & Relax<br>40 mins   | Mindful Fusion<br>40 mins          | Roll, Release & Relax<br>40 mins   | Introduction to Tai Chi<br>25 mins |
| 18.15 | HIIT Wheels<br>30 mins             | Abzone<br>30 mins                  | Apex Cycle<br>30 mins              | Core Board<br>30 mins              |                                    |                                    |                                    |



Mindful



Cardio



Strength



Dance

# SOUL STUDIO

7th to 13th September

| TIME  | MON                                         | TUES                                 | WEDS                                        | THURS                                      | FRI                                         | SAT                                  | SUN                                         |
|-------|---------------------------------------------|--------------------------------------|---------------------------------------------|--------------------------------------------|---------------------------------------------|--------------------------------------|---------------------------------------------|
| 9.00  | Pilates Ball<br>50 mins                     | Legs, Bums<br>and Tums<br>45 mins    | Pilates<br>50 mins                          | Legs, Bums<br>and Tums<br>45 mins          | Lift<br>45 mins                             | Lift<br>45 mins                      | Pilates Hoop<br>50 mins                     |
| 10.00 | Aerobic &<br>Tone<br>50 mins                | Pilates<br>50 mins                   | Lift<br>45 mins                             | Pilates Ball<br>50 mins                    | Aerobic &<br>Tone<br>50 mins                | Aerobic Fat<br>Burner<br>45 mins     | Dance Party<br>30 mins                      |
| 11.00 | Chair Yoga<br>45 mins                       | Dance Party<br>30 mins               | Aerobic Fat<br>Burner<br>45 mins            | Lift<br>45 mins                            | Dance Party<br>30 mins                      | Pilates<br>50 mins                   | Lift<br>45 mins                             |
| 12.00 | Lift<br>45 mins                             |                                      | Chair Yoga<br>45 mins                       | Hatha Yoga<br>75 mins                      |                                             | Pilates Ball<br>50 mins              |                                             |
| 14.00 | Sound<br>Bathing<br>40 mins<br>£20          | Candlelight<br>Yoga<br>90 mins       | Pilates Ball<br>50 mins                     | Pilates<br>50 mins                         | Pilates<br>50 mins                          | Yin Yoga<br>90 mins                  | Pilates<br>50 mins                          |
| 16.00 | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins       | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>30 mins           |
| 17.00 | Lift<br>45 mins                             | Candlelight<br>Stretch<br>25 mins    | Mindful<br>Fusion<br>40 mins                | Binaural<br>Beats<br>Relaxation<br>30 mins | Sound<br>Bathing<br>40 mins<br>£20          | Glo Up<br>Dance<br>30 mins           | Binaural<br>Beats<br>Relaxation<br>30 mins  |
| 18.00 | Silent<br>Candlelight<br>Stretch<br>40 mins | Lift<br>45 mins                      | Silent<br>Candlelight<br>Stretch<br>40 mins | Lift<br>45 mins                            | Silent<br>Candlelight<br>Stretch<br>40 mins | Candlelight<br>Stretch<br>25 mins    | Silent<br>Candlelight<br>Stretch<br>40 mins |
| 19.00 |                                             |                                      | Hatha Yoga<br>75 mins                       | HIIT<br>30 mins                            |                                             |                                      |                                             |



Mindful



Cardio



Strength



Dance

# EXERCISE POOL

7th to 13th September

| TIME  | MON                       | TUES                                            | WEDS                    | THURS                     | FRI                                          | SAT                       | SUN                       |
|-------|---------------------------|-------------------------------------------------|-------------------------|---------------------------|----------------------------------------------|---------------------------|---------------------------|
| 9.30  | HIIT the Water<br>25 mins | HIIT the Water<br>25 mins<br><b><u>9.00</u></b> | Cardio Waves<br>25 mins | HIIT the Water<br>25 mins | Pilates H2O<br>25 mins<br><b><u>9.00</u></b> | HIIT the Water<br>25 mins | Yoga H2O<br>25 mins       |
| 10.30 | Cardio Waves<br>25 mins   | Yoga H2O<br>25 mins                             | Pilates H2O<br>25 mins  | Cardio Waves<br>25 mins   | Cardio Waves<br>25 mins                      | Aqua Flex<br>25 mins      | Cardio Waves<br>25 mins   |
| 11.30 | Aqua Dance<br>25 mins     | Aqua Flex<br>25 mins                            | Aqua Dance<br>25 mins   | Pilates H2O<br>25 mins    | Aqua Flex<br>25 mins                         | Aqua Dance<br>25 mins     | HIIT the Water<br>25 mins |
| 16.00 | Aqua Flex<br>25 mins      |                                                 | Aqua Flex<br>25 mins    | Yoga H2O<br>25 mins       | HIIT the Water<br>25 mins                    | Yoga H2O<br>25 mins       | Aqua Flex<br>25 mins      |
| 17.30 |                           | Cardio Waves<br>25 mins                         |                         |                           |                                              |                           |                           |

## OUTDOOR ACTIVITIES

| TUES                               |                                | WED                           | SUN                            |                                 |
|------------------------------------|--------------------------------|-------------------------------|--------------------------------|---------------------------------|
| Country Stroll<br>40 mins<br>14.00 | Pickleball<br>45 mins<br>11.15 | Glute Camp<br>30 mins<br>9.45 | Pickleball<br>45 mins<br>10.30 | Nordic Walk<br>40 mins<br>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)

For outdoor sessions, please meet your instructor in the Welcome Area outside the gym and ensure you are wearing appropriate footwear.

*All classes require a minimum of four participants to run, and outdoor classes are subject to weather conditions.  
Should any changes be necessary, you will be notified and alternative options will be offered where possible.*

Some classes will also feature flashing lights.  
All classes and times are subject to change.

Mindful
  Cardio
  Strength
  Dance

# HEART STUDIO

| 4th to 20th September

| TIME  | MON                                | TUES                               | WEDS                               | THURS                              | FRI                                | SAT                                | SUN                                |
|-------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 7.45  | Introduction to Tai Chi<br>25 mins |                                    | Wake up & Stretch<br>25 mins       |                                    | Introduction to Tai Chi<br>25 mins |                                    | Wake up & Stretch<br>25 mins       |
| 8.45  | Apex Cycle<br>45 mins              | Step Intermediate<br>45 mins       | HIIT Wheels<br>30 mins             | Intermediate Step<br>45 mins       | Apex Cycle<br>45 mins              | Glute Camp<br>30 mins              | Intermediate Step<br>45 mins       |
| 9.45  | HIIT<br>30 mins                    | Apex Cycle<br>45 mins              |                                    | Apex Cycle<br>45 mins              | Pilates<br>50 mins                 | Apex Cycle<br>45 mins              | Apex Cycle<br>45 mins              |
| 10.45 | Core Board<br>45 mins              | Glute Camp<br>30 mins              | Core Board<br>45 mins              | Drums Alive<br>40 mins             | Pilates Reformer<br>50 mins<br>£25 | Core Board<br>45 mins              |                                    |
| 11.45 | Drums Alive<br>40 mins             | Pilates Reformer<br>50 mins<br>£25 | Abzone<br>40 mins                  |                                    |                                    | Abzone<br>40 mins                  | Roll, Release & Relax<br>40 mins   |
| 14.00 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 |
| 16.15 | Tai Chi Fan<br>45 mins             | Roll, Release & Relax<br>40 mins   | Tai Chi Sword<br>45 mins           | Roll, Release & Relax<br>40 mins   | Tai Chi<br>45 mins                 | Gym Blast<br>45 mins               | Gym Blast<br>45 mins               |
| 17.15 | Advanced Pilates<br>45 mins        | Gym Blast<br>45 mins               | Legs, Bums and Tums<br>45 mins     | Advanced Pilates<br>45 mins        | Mindful Fusion<br>40 mins          | Roll, Release & Relax<br>40 mins   | Introduction to Tai Chi<br>25 mins |
| 18.15 | HIIT Wheels<br>30 mins             | Abzone<br>30 mins                  | Apex Cycle<br>30 mins              | Core Board<br>30 mins              |                                    |                                    |                                    |



Mindful



Cardio



Strength



Dance

# SOUL STUDIO

| 4th to 20th September

| TIME  | MON                                | TUES                                 | WEDS                                        | THURS                                      | FRI                                         | SAT                                  | SUN                                         |
|-------|------------------------------------|--------------------------------------|---------------------------------------------|--------------------------------------------|---------------------------------------------|--------------------------------------|---------------------------------------------|
| 9.00  | Pilates Ball<br>50 mins            | Legs, Bums<br>and Tums<br>45 mins    | Pilates<br>50 mins                          | Legs, Bums<br>and Tums<br>45 mins          | Lift<br>45 mins                             | Lift<br>45 mins                      | Pilates Hoop<br>50 mins                     |
| 10.00 | Aerobic &<br>Tone<br>50 mins       | Pilates<br>50 mins                   | Lift<br>45 mins                             | Pilates Hoop<br>50 mins                    | Aerobic &<br>Tone<br>50 mins                | Aerobic Fat<br>Burner<br>45 mins     | Chair Yoga<br>45 mins                       |
| 11.00 | Dance Party<br>30 mins             | Dance Party<br>30 mins               | Aerobic Fat<br>Burner<br>45 mins            | Lift<br>45 mins                            | Dance Party<br>30 mins                      | Pilates<br>50 mins                   | Lift<br>45 mins                             |
| 12.00 | Lift<br>45 mins                    | Pilates<br>Intermediate<br>50 mins   | The Art of<br>Self Reiki<br>£18<br>50 mins  | Hatha Yoga<br>75 mins                      | Ten Tai Chi<br>£18<br>60 mins               | Pilates Ball<br>50 mins              |                                             |
| 14.00 | Sound<br>Bathing<br>40 mins<br>£20 | Candlelight<br>Yoga<br>90 mins       | Pilates Ball<br>50 mins                     | Pilates<br>50 mins                         | Pilates<br>50 mins                          | Yin Yoga<br>90 mins                  | Pilates<br>50 mins                          |
| 16.00 | Candlelight<br>Stretch<br>40 mins  | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins       | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>30 mins           |
| 17.00 | Lift<br>45 mins                    | Candlelight<br>Stretch<br>25 mins    | Mindful<br>Fusion<br>40 mins                | Binaural<br>Beats<br>Relaxation<br>30 mins | Sound<br>Bathing<br>40 mins<br>£20          | Candlelight<br>Stretch<br>25 mins    | Binaural<br>Beats<br>Relaxation<br>30 mins  |
| 18.00 |                                    | Lift<br>45 mins                      | Silent<br>Candlelight<br>Stretch<br>40 mins | Lift<br>45 mins                            | Silent<br>Candlelight<br>Stretch<br>40 mins | Glo Up<br>Dance<br>30 mins           | Silent<br>Candlelight<br>Stretch<br>40 mins |
| 19.00 |                                    |                                      | Hatha Yoga<br>75 mins                       | HIIT<br>30 mins                            |                                             |                                      |                                             |



Mindful



Cardio



Strength



Dance



# EXERCISE POOL

14th to 20th September

| TIME  | MON                       | TUES                      | WEDS                    | THURS                     | FRI                       | SAT                       | SUN                       |
|-------|---------------------------|---------------------------|-------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 9.30  | Aqua Dance<br>25 mins     | HIIT the Water<br>25 mins | Cardio Waves<br>25 mins | HIIT the Water<br>25 mins | Pilates H20<br>25 mins    | HIIT the Water<br>25 mins | Yoga H20<br>25 mins       |
| 10.30 | Cardio Waves<br>25 mins   | Yoga H20<br>25 mins       | Pilates H20<br>25 mins  | Yoga H20<br>25 mins       | Cardio Waves<br>25 mins   | Aqua Dance<br>25 mins     | Cardio Waves<br>25 mins   |
| 11.30 | HIIT the Water<br>25 mins | Aqua Flex<br>25 mins      | Aqua Dance<br>25 mins   | Pilates H20<br>25 mins    | Aqua Flex<br>25 mins      | Pilates H20<br>25 mins    | HIIT the Water<br>25 mins |
| 16.00 | Aqua Flex<br>25 mins      | Pilates H20<br>25 mins    | Aqua Flex<br>25 mins    |                           | HIIT the Water<br>25 mins | Yoga H20<br>25 mins       | Aqua Flex<br>25 mins      |
| 17.30 |                           |                           |                         | Cardio Waves<br>25 mins   |                           |                           |                           |

## OUTDOOR ACTIVITIES

| TUES                               |                                | WED                           | THURS                          | SUN                             |
|------------------------------------|--------------------------------|-------------------------------|--------------------------------|---------------------------------|
| Country Stroll<br>40 mins<br>14.00 | Pickleball<br>45 mins<br>11.15 | Glute Camp<br>30 mins<br>9.45 | Pickleball<br>45 mins<br>10.30 | Nordic Walk<br>40 mins<br>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)

For outdoor sessions, please meet your instructor in the Welcome Area outside the gym and ensure you are wearing appropriate footwear.

**All classes require a minimum of four participants to run, and outdoor classes are subject to weather conditions.  
Should any changes be necessary, you will be notified and alternative options will be offered where possible.**

Some classes will also feature flashing lights.  
All classes and times are subject to change.

 Mindful
  Cardio
  Strength
  Dance

# HEART STUDIO

21st to 27th September

| TIME  | MON                                | TUES                               | WEDS                               | THURS                              | FRI                                | SAT                                | SUN                                |
|-------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 7.45  | Introduction to Tai Chi<br>25 mins |                                    | Wake up & Stretch<br>25 mins       |                                    | Introduction to Tai Chi<br>25 mins |                                    | Wake up & Stretch<br>25 mins       |
| 8.45  | Apex Cycle<br>45 mins              | Step Intermediate<br>45 mins       | HIIT Wheels<br>30 mins             | Intermediate Step<br>45 mins       | Apex Cycle<br>45 mins              | Glute Camp<br>30 mins              | Intermediate Step<br>45 mins       |
| 9.45  | HIIT<br>30 mins                    | Apex Cycle<br>45 mins              |                                    | Apex Cycle<br>45 mins              | Pilates<br>50 mins                 | Apex Cycle<br>45 mins              | Apex Cycle<br>45 mins              |
| 10.45 | Core Board<br>45 mins              | Glute Camp<br>30 mins              | Core Board<br>45 mins              | Drums Alive<br>40 mins             | Pilates Reformer<br>50 mins<br>£25 | Core Board<br>45 mins              |                                    |
| 11.45 | Drums Alive<br>40 mins             | Pilates Reformer<br>50 mins<br>£25 | Abzone<br>40 mins                  |                                    |                                    | Abzone<br>40 mins                  | Roll, Release & Relax<br>40 mins   |
| 14.00 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 | Pilates Reformer<br>50 mins<br>£25 |
| 16.15 | Tai Chi Fan<br>45 mins             | Roll, Release & Relax<br>40 mins   | Tai Chi Sword<br>45 mins           | Roll, Release & Relax<br>40 mins   | Tai Chi<br>45 mins                 | Gym Blast<br>45 mins               | Gym Blast<br>45 mins               |
| 17.15 | Advanced Pilates<br>45 mins        | Gym Blast<br>45 mins               | Legs, Bums and Tums<br>45 mins     | Advanced Pilates<br>45 mins        | Mindful Fusion<br>40 mins          | Roll, Release & Relax<br>40 mins   | Introduction to Tai Chi<br>25 mins |
| 18.15 | HIIT Wheels<br>30 mins             | Abzone<br>30 mins                  | Apex Cycle<br>30 mins              | Core Board<br>30 mins              |                                    |                                    |                                    |



Mindful



Cardio



Strength



Dance

# SOUL STUDIO

21st to 27th September

| TIME  | MON                                         | TUES                                 | WEDS                                       | THURS                                      | FRI                                         | SAT                                  | SUN                                         |
|-------|---------------------------------------------|--------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------------------------|--------------------------------------|---------------------------------------------|
| 9.00  | Pilates Ball<br>50 mins                     | Legs, Bums<br>and Tums<br>45 mins    | Pilates<br>50 mins                         | Legs, Bums<br>and Tums<br>45 mins          | Lift<br>45 mins                             | Lift<br>45 mins                      | Pilates Hoop<br>50 mins                     |
| 10.00 | Aerobic &<br>Tone<br>50 mins                | Pilates<br>50 mins                   | Lift<br>45 mins                            | Pilates Hoop<br>50 mins                    | Aerobic &<br>Tone<br>50 mins                | Aerobic Fat<br>Burner<br>45 mins     | Dance Party<br>30 mins                      |
| 11.00 | Dance Party<br>30 mins                      | Dance Party<br>30 mins               | Aerobic Fat<br>Burner<br>45 mins           | Lift<br>45 mins                            | Chair Yoga<br>45 mins                       | Pilates<br>50 mins                   | Lift<br>45 mins                             |
| 12.00 | Lift<br>45 mins                             | Pilates<br>Intermediate<br>50 mins   | The Art of<br>Self Reiki<br>£18<br>50 mins | Hatha Yoga<br>75 mins                      | Ten Tai Chi<br>£18<br>60 mins               | Pilates Ball<br>50 mins              |                                             |
| 14.00 | Sound<br>Bathing<br>40 mins<br>£20          | Candlelight<br>Yoga<br>90 mins       | Pilates Ball<br>50 mins                    | Pilates<br>50 mins                         | Pilates<br>50 mins                          | Yin Yoga<br>90 mins                  | Pilates<br>50 mins                          |
| 16.00 | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>40 mins          | Restorative<br>Relaxation<br>30 mins       | Candlelight<br>Stretch<br>30 mins           | Restorative<br>Relaxation<br>30 mins | Candlelight<br>Stretch<br>30 mins           |
| 17.00 | Lift<br>45 mins                             | Candlelight<br>Stretch<br>25 mins    | Mindful<br>Fusion<br>40 mins               | Binaural<br>Beats<br>Relaxation<br>30 mins | Sound<br>Bathing<br>40 mins<br>£20          | Candlelight<br>Stretch<br>25 mins    | Binaural<br>Beats<br>Relaxation<br>30 mins  |
| 18.00 | Silent<br>Candlelight<br>Stretch<br>40 mins | Lift<br>45 mins                      |                                            | Legs, Bums<br>and Tums<br>45 mins          | Silent<br>Candlelight<br>Stretch<br>40 mins | Glo Up<br>Dance<br>30 mins           | Silent<br>Candlelight<br>Stretch<br>40 mins |
| 19.00 |                                             |                                      | Hatha Yoga<br>75 mins                      | HIIT<br>30 mins                            |                                             |                                      |                                             |



Mindful



Cardio



Strength



Dance

# EXERCISE POOL

21st to 27th September

| TIME  | MON                       | TUES                                     | WEDS                    | THURS                     | FRI                       | SAT                       | SUN                       |
|-------|---------------------------|------------------------------------------|-------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| 9.30  | HIIT the Water<br>25 mins | HIIT the Water<br>25 mins<br><b>9.00</b> | Cardio Waves<br>25 mins | HIIT the Water<br>25 mins | Pilates H2O<br>25 mins    | HIIT the Water<br>25 mins | Yoga H2O<br>25 mins       |
| 10.30 | Cardio Waves<br>25 mins   | Yoga H2O<br>25 mins                      | Pilates H2O<br>25 mins  | Cardio Waves<br>25 mins   | Cardio Waves<br>25 mins   | Aqua Flex<br>25 mins      | Cardio Waves<br>25 mins   |
| 11.30 | Aqua Dance<br>25 mins     | Aqua Flex<br>25 mins                     | Aqua Dance<br>25 mins   | Pilates H2O<br>25 mins    | Aqua Dance<br>25 mins     | Pilates H2O<br>25 mins    | HIIT the Water<br>25 mins |
| 16.00 | Aqua Flex<br>25 mins      |                                          | Aqua Flex<br>25 mins    | Yoga H2O<br>25 mins       | HIIT the Water<br>25 mins | Yoga H2O<br>25 mins       | Aqua Flex<br>25 mins      |
| 17.30 |                           | Cardio Waves<br>25 mins                  |                         |                           |                           |                           |                           |

## OUTDOOR ACTIVITIES

| MON                            | TUES                               | WED                           | SUN                            |                                 |
|--------------------------------|------------------------------------|-------------------------------|--------------------------------|---------------------------------|
| Pickleball<br>45 mins<br>10.30 | Country Stroll<br>40 mins<br>14.00 | Glute Camp<br>30 mins<br>9.45 | Pickleball<br>45 mins<br>10.30 | Nordic Walk<br>40 mins<br>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)

For outdoor sessions, please meet your instructor in the Welcome Area outside the gym and ensure you are wearing appropriate footwear.

**All classes require a minimum of four participants to run, and outdoor classes are subject to weather conditions.  
Should any changes be necessary, you will be notified and alternative options will be offered where possible.**

Some classes will also feature flashing lights.  
All classes and times are subject to change.



Mindful



Cardio



Strength



Dance