

HEART STUDIO

21st to 27th September

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		Apex Cycle 45 mins	Pilates 50 mins	Apex Cycle 45 mins	Apex Cycle 45 mins
10.45	Core Board 45 mins	Glute Camp 30 mins	Core Board 45 mins	Drums Alive 40 mins	Pilates Reformer 50 mins £25	Core Board 45 mins	
11.45	Drums Alive 40 mins	Pilates Reformer 50 mins £25	Abzone 40 mins			Abzone 40 mins	Roll, Release & Relax 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			



Mindful



Cardio



Strength



Dance

SOUL STUDIO

21st to 27th September

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	Chair Yoga 45 mins	Pilates 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins	The Art of Self Reiki £18 50 mins	Hatha Yoga 75 mins	Ten Tai Chi £18 60 mins	Pilates Ball 50 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
16.00	Candlelight Stretch 30 mins	Restorative Relaxation 30 mins	Candlelight Stretch 40 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		Legs, Bums and Tums 45 mins	Silent Candlelight Stretch 40 mins	Glo Up Dance 30 mins	Silent Candlelight Stretch 40 mins
19.00			Hatha Yoga 75 mins	HIIT 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 25 mins	HIIT the Water 25 mins 9.00	Cardio Waves 25 mins	HIIT the Water 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins
10.30	Cardio Waves 25 mins	Yoga H2O 25 mins	Pilates H2O 25 mins	Cardio Waves 25 mins	Cardio Waves 25 mins	Aqua Flex 25 mins	Cardio Waves 25 mins
11.30	Aqua Dance 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins
16.00	Aqua Flex 25 mins		Aqua Flex 25 mins	Yoga H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins	Aqua Flex 25 mins
17.30		Cardio Waves 25 mins					

OUTDOOR ACTIVITIES

MON	TUES	WED	SUN	
Pickleball Taster Session 45 mins 10.30	Country Stroll 40 mins 14.00	Glute Camp 30 mins 9.45	Pickleball Taster Session 45 mins 10.30	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

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.

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HEART STUDIO

28th September to 4th October

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		Apex Cycle 45 mins	Pilates 50 mins	Apex Cycle 45 mins	Apex Cycle 45 mins
10.45	Core Board 45 mins	Glute Camp 30 mins	Core Board 45 mins	Drums Alive 40 mins	Pilates Reformer 50 mins £25	Core Board 45 mins	
11.45	Drums Alive 40 mins	Pilates Reformer 50 mins £25	Abzone 40 mins			Abzone 40 mins	Roll, Release & Relax 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		Managing Menopause with Exercise 45 mins <u>15.45</u>	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			



Mindful



Cardio



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SOUL STUDIO

28th September to 4th October

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	Meno Strong 45 mins	Chair Yoga 45 mins	Pilates 50 mins	Meno Strong 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins	The Art of Self Reiki £18 50 mins	Hatha Yoga 75 mins	Ten Tai Chi £18 60 mins	Pilates Ball 50 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
16.00	Candlelight Stretch 40 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		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		Hatha Yoga 75 mins				

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EXERCISE POOL

28th September to 4th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.30	HIIT the Water 25 mins	Yoga H2O 25 mins	Pilates H2O 25 mins 9.00	HIIT the Water 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins
10.30	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	Cardio Waves 25 mins	Cardio Waves 25 mins	Aqua Flex 25 mins	Cardio Waves 25 mins
11.30	Aqua Dance 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins
16.00	Aqua Flex 25 mins	Pilates H2O 25 mins		Yoga H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins	Aqua Flex 25 mins
17.30			HIIT the Water 25 mins				

OUTDOOR ACTIVITIES

TUES		WED
Country Stroll 40 mins 14.00	Pickleball Taster Session 45 mins 11.15	Glute Camp 30 mins 9.45

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

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.
All classes and times are subject to change.

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HEART STUDIO

5th to 11th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8.45	Apex Cycle 45 mins	Step Intermediate 45 mins	Apex Cycle 45 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 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	MenoFit 45 mins		Abzone 40 mins			Abzone 40 mins	Roll, Release & Relax 40 mins
14.00	Pilates Reformer 50 mins £25 <u>16.00</u>	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		Managing Menopause with Exercise 45 mins <u>15.45</u>		Roll, Release & Relax 40 mins		Gym Blast 45 mins	Gym Blast 45 mins
17.15	Advanced Pilates 45 mins	Gym Blast 45 mins	MenoFit 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		Apex Cycle 30 mins	Core Board 30 mins			



Mindful



Cardio



Strength



Dance

SOUL STUDIO

5th to 11th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	Dance Party 30 mins 9.15	Legs, Bums and Tums 45 mins	Pilates 50 mins	Legs, Bums and Tums 45 mins	Lift 45 mins	Meno Strong 45 mins	Pilates Hoop 50 mins
10.00	Aerobic & Tone 50 mins	Pilates 50 mins	Meno Strong 45 mins	Pilates Hoop 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Dance Party 30 mins
11.00	Pilates Ball 50 mins	Dance Party 30 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	Chair Yoga 45 mins	Pilates 50 mins	Lift 45 mins
12.00	Lift 45 mins			Hatha Yoga 75 mins		Pilates Ball 50 mins	
14.00		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 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	Legs, Bums and Tums 45 mins	Silent Candlelight Stretch 40 mins	Glo Up Dance 30 mins	Silent Candlelight Stretch 40 mins
19.00			Hatha Yoga 75 mins	Rush 30 mins			

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EXERCISE POOL

5th to 11th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.30	HIIT the Water 25 mins	Yoga H2O 25 mins <u>9.00</u>	Pilates H2O 25 mins <u>9.00</u>	HIIT the Water 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins
10.30	Cardio Waves 25 mins	HIIT the Water 25 mins <u>10.00</u>	Cardio Waves 25 mins	Cardio Waves 25 mins	Cardio Waves 25 mins	Aqua Flex 25 mins	Cardio Waves 25 mins
11.30	Aqua Dance 25 mins	Aqua Flex 25 mins	Aqua Dance 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins
16.00	Aqua Flex 25 mins	Pilates H2O 25 mins	Aqua Flex 25 mins	Yoga H2O 25 mins		Yoga H2O 25 mins	Aqua Flex 25 mins
17.30					HIIT the Water 25 mins		

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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