

Studio One Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Intermediate Step ♥	Legs, Tums & Bums	Weights for Strength and Tone*	Intermediate Step ♥
10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am
Beginners Aerobic Fat Burner	Advanced Aerobic Fat Burner ♥	Intermediate Pilates*	Drums Alive*	Beginners Aerobic Fat Burner	Advanced Aerobic Fat Burner ♥	Legs, Tums & Bums
11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am
Zumba®	Groovelates	Magical Musicals	Zumba®	Bollywood	Magical Musicals	Zumba®
3.05-3.30 pm	3.05-4.15 pm	3.05-3.45 pm	12.05-12.30 pm	2.05-2.45 pm	3.05-4.15 pm	3.05-3.45 pm
Hula Hooping*	Hatha Yoga*	Ballet Toning*	Hula Hooping*	Fitness Yoga	Hatha Yoga*	Barre Conditioning*
4.05-4.45pm	5.05-5.45 pm	4.05-4.55 pm	2.05-2.45 pm	5.05-5.55 pm	4.30-4.55 pm	4.05-4.45 pm
HIIT Yoga ♥	Drums Alive*	Tai Chi Sword *	Stretch, Roll and Release*	Sunset Stretch	Hula Hooping*	HIIT Yoga ♥
5.05-5.55 pm	6.35 - 7.30 pm	5.05-5.55 pm	5.30-6.30 pm		5.05-5.45 pm	5.05-5.55 pm
Sunset Stretch	Super Circuits	Sunset Stretch	Weights for Strength and Tone*		Drums Alive*	Sunset Stretch
		6.05-7.30 pm	6.35-7.15 pm			
		Hatha Yoga*	RUSH High Intensity Workout ♥			

Outdoor Activities

2.05-2.55 pm		12.05-12.55 pm		2.05-2.55pm		12.05-12.55 pm
Country Walk		Bootcamp		Country Walk		Bootcamp

Monday 11th to Sunday 17th June 2018

* Please book these classes via treatments@ragdalehall.co.uk or by calling 01664 433043

♥ Indicates higher intensity classes. All other classes are mixed ability.

Trainers must be worn for the majority of classes

Please see Fitness notice board for timetable changes and class descriptions

Services and facilities are subject to change or withdrawal without notice



Studio Two Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.45 am	9.05-9.55 am	9.05- 9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.45 am
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Intermediate Pilates*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
10.05-10.55 am	10.05-10.45 am	10.05-10.45 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	10.05-10.55 am
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.05-11.45 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am
Pilates on the Ball*	Stretch, Roll and Release*	Tai Chi	Pilates*	Tai Chi	Stretch, Roll and Release*	Pilates*
12.05-12.45 pm	3.05-3.55 pm	3.05-3.45 pm	3.05-4.15 pm	3.05-3.45 pm	12.05-12.55 pm	4.05-4.45 pm
Time To Unwind	Pilates*	Time To Unwind	Hatha Yoga*	Time to Unwind	Intermediate Pilates*	Time to Unwind
5.05-5.55 pm	5.05-5.40 pm	5.05-5.45 pm	5.05-5.45 pm	4.05-4.45pm	3.05-3.30 pm	5.05-5.45 pm
Resistance Bands for Strength and Tone*	Legs Tums and Bums	Pilates on the Ball*	Studio Cycling*	Pilates on the Ball*	Ab Zone	FitBall*
6.35-7.30 pm	5.45-6.30 pm	6.35-7.30 pm		5.05-5.45pm	5.05-5.45 pm	
Advanced Pilates*	HIIT Wheels Extreme* ♥	Studio Cycling*		HIIT Wheels* ♥	RUSH High Intensity Workout ♥	

Exercise Pool Classes

10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am	10.05-10.30 am
Aquaflex	HIIT the Water	Cardio Waves	Aquaflex	Cardio Waves	HIIT the Water	Cardio Waves
11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am	11.05-11.30 am
Cardio Waves	Cardio Waves	Aquaflex	HIIT the Water	Aquaflex	Aquaflex	Aquaflex
4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30pm	4.05-4.30 pm
HIIT the Water	Aquaflex	HIIT the Water	Aquaflex	HIIT the Water	Aquaflex	HIIT the Water

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