

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	10.05-10.45 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 ♥	90/60/30 HIIT Workout ♥	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
Jive Workout	Zumba®	Broadway	Zumba®	Jive Workout	Magical Musicals	Zumba®
3.05-3.30 pm	4.05-4.45 pm	3.05-3.45 pm	12.05-12.30 pm	3.05-3.45 pm	3.05-4.15 pm	3.05-3.45 pm
Hula Hooping*	HIIT Yoga	Ballet Toning*	Hula Hooping*	Fitness Yoga	Hatha Yoga*	Ballet Toning*
3.45-5.00pm	5.05-5.45 pm	4.05-4.55 pm	3.05-4.15 pm	4.05-4.45 pm	4.30-4.55 pm	4.05-4.45 pm
Hatha Yoga*	Drums Alive*	Tai Chi Sword *	Hatha Yoga*	Ballet Toning*	Hula Hooping*	HIIT Yoga
5.05-5.55 pm	6.35 - 7.30 pm	5.05-5.55 pm	5.05-5.55 pm	5.05-5.55 pm	5.05-5.45 pm	5.05-5.55 pm
Candlelight Stretch*	Super Circuits	Candlelight Stretch*	Weights for Strength and Tone*	Candlelight Stretch*	Drums Alive*	Candlelight Stretch*
		6.05-7.30 pm	6.35-7.15 pm			
		Hatha Yoga*	RUSH HIIT 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 12th February to Sunday 18th February

* 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 HIIT Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	90/60/30 HIIT Workout ♥
10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	10.05-10.45 am
Studio Cycling*	HIIT Wheels* ♥	Intermediate Pilates*	HIIT Wheels* ♥	Intermediate Pilates*	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	2.05-2.55 pm	3.05-3.45 pm	2.05-2.55 pm	2.05-2.45 pm	12.05-12.55 pm	4.05-4.45 pm
Time To Unwind	Pilates*	Time To Unwind	Stretch, Roll and Release*	Time to Unwind	Intermediate Pilates*	Time to Unwind
5.05-5.45 pm	4.05-4.45 pm	5.05-5.45 pm	4.05-4.45 pm	4.05-4.45pm	2.05-2.45 pm	5.05-5.45 pm
HIIT Row* ♥	Beaming*	Pilates on the Ball*	Beaming*	Pilates on the Ball*	Beaming*	Pilates on the Ball*
6.35-7.30 pm	5.05-5.40 pm	6.35-7.30 pm	5.05-5.45 pm	5.05-5.45pm	5.05-5.45 pm	
Advanced Pilates*	Legs Tums and Bums	Studio Cycling*	HIIT Row* ♥	HIIT Wheels* ♥	HIIT Row* ♥	
	5.45-6.30 pm					
	HIIT Wheels Extreme* ♥					

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
Cardio Waves	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
Aquaflex	Aquaflex	Aquaflow	HIIT the Water	HIIT the Water	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
Aquagym	Aquagym	Aquagym	Aquaflow	Aquagym	Aquaflow	Aquagym

Monday 12th February to Sunday 18th February