

# 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 ♥	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
Jive	Zumba®	Magical Musicals	Zumba®	Bollywood	Magical Musicals	Zumba®
3.05-3.30 pm	3.05-3.45 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*	Fitness Yoga	Ballet Toning*	Hula Hooping*	Fitness Yoga	Hatha Yoga*	Ballet Toning*
4.05-4.45pm	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
HIIT 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	5.30-6.30 pm	5.05-5.55 pm	5.05-5.45 pm	5.05-5.55 pm
Sunset Stretch	Super Circuits	Sunset Stretch	Weights for Strength and Tone*	Sunset Stretch	Drums Alive*	Sunset 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 14th to Sunday 20th May 2018

\* Please book these classes via [treatments@ragdalehall.co.uk](mailto: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**



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<b>9.05-9.45 am</b>	<b>9.05-9.55 am</b>	<b>9.05- 9.55 am</b>	<b>9.05-9.55 am</b>	<b>9.05-9.55 am</b>	<b>9.05-9.55 am</b>	<b>9.05-9.45 am</b>
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Intermediate Pilates*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
<b>10.05-10.55 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.55 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.55 am</b>	<b>10.05-10.45 am</b>	<b>10.05-10.55 am</b>
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
<b>11.05-11.45 am</b>	<b>11.05-11.55 am</b>	<b>11.05-11.55 am</b>	<b>11.05-11.55 am</b>	<b>11.05-11.55 am</b>	<b>11.05-11.55 am</b>	<b>12.05-12.55 pm</b>
Pilates on the Ball*	Stretch, Roll and Release*	Tai Chi	Pilates*	Tai Chi	Stretch, Roll and Release*	Pilates*
<b>12.05-12.45 pm</b>	<b>2.05-2.55 pm</b>	<b>3.05-3.45 pm</b>	<b>2.05-2.55 pm</b>	<b>2.05-2.45 pm</b>	<b>12.05-12.45 pm</b>	<b>4.05-4.45 pm</b>
Time To Unwind	Pilates*	Time To Unwind	Stretch, Roll and Release*	Time to Unwind	Stength and Stretch	Time to Unwind
<b>5.05-5.45 pm</b>	<b>4.05-4.45 pm</b>	<b>5.05-5.45 pm</b>	<b>4.05-4.45 pm</b>	<b>4.05-4.45pm</b>	<b>2.05-2.45 pm</b>	<b>5.05-5.45 pm</b>
HIIT Row* ♥	Beaming*	Pilates on the Ball*	Beaming*	Pilates on the Ball*	Beaming*	Pilates on the Ball*
<b>6.35-7.30 pm</b>	<b>5.05-5.40 pm</b>	<b>6.35-7.30 pm</b>	<b>5.05-5.45 pm</b>	<b>5.05-5.45pm</b>	<b>5.05-5.45 pm</b>	
Advanced Pilates*	Legs Tums and Bums	Studio Cycling*	HIIT Row* ♥	HIIT Wheels* ♥	HIIT Row* ♥	
	<b>5.45-6.30 pm</b>					
	HIIT Wheels Extreme* ♥					

### Exercise Pool Classes

<b>10.05-10.30 am</b>	<b>10.05-10.30 am</b>	<b>10.05-10.30 am</b>	<b>10.05-10.30 am</b>	<b>10.05-10.30 am</b>	<b>10.05-10.30 am</b>	<b>10.05-10.30 am</b>
Cardio Waves	HIIT the Water	Cardio Waves	Aquaflex	Cardio Waves	HIIT the Water	Cardio Waves
<b>11.05-11.30 am</b>	<b>11.05-11.30 am</b>	<b>11.05-11.30 am</b>	<b>11.05-11.30 am</b>	<b>11.05-11.30 am</b>	<b>11.05-11.30 am</b>	<b>11.05-11.30 am</b>
Aquaflex	Aquagym	Aquaflex	HIIT the Water	Aquagym	Aquaflex	Aquaflex
<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30 pm</b>	<b>4.05-4.30pm</b>	<b>4.05-4.30 pm</b>
Aquagym	Aquaflex	Aquagym	Aquaflex	HIIT the Water	Aquaflex	Aquagym

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