

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 High Intensity 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
Groovelates	Zumba®	Magical Musicals	Zumba®	Bollywood	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	5.30-6.30 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 16th to Sunday 22nd April 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	10.05-10.55 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* ♥	Intermediate Pilates*	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	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	Aquagym	Aquaflow	HIIT the Water	Aquagym	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	Aquaflex	Aquagym	Aquaflow	HIIT the Water	Aquaflow	Aquagym

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