

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
Jive	Zumba®	Broadway	Zumba®	Jive	Broadway	Zumba®
3.05-3.30 pm	3.05-4.15 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*	Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	Fitness Yoga	Hatha Yoga*	Ballet Barre Conditioning*
4.05-4.45pm	5.05-5.45 pm	4.05-4.55 pm	3.05-4.15 pm	4.05-4.45pm	4.30-4.55 pm	4.05-4.45 pm
HIIT Yoga ♥	Drums Alive*	Tai Chi Sword *	Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	HIIT Yoga ♥
5.05-5.55 pm	6.35 - 7.30 pm	5.05-5.55 pm	5.30-6.30 pm	5.05-5.55pm	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 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

FITNESS TIMETABLE 9th - 15th July 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	3.05-3.55 pm	3.05-3.45 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
5.05-5.55 pm	5.05-5.40 pm	5.05-5.45 pm	5.05-5.45pm	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	Pilates on the Ball*
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
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	Aquaflex	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	Aquaflex	HIIT the Water	Aquaflex	Aquagym