

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	8.30 - 9.15 am	9.05-9.55 am	9.05-9.55 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Coreboard Conditioning *	Intermediate Pilates *	Weights for Strength and Tone*	Intermediate Step ♥
10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	9.15-9.55 am	10.05-10.55 am	10.05-10.35 am
Beginners Aerobic Fat Burner	90/60/30 HIIT Workout ♥	Intermediate Pilates*	HIIT Wheels* ♥	Legs, Tums & Bums	Advanced Aerobics Fat Burner ♥	Skip Fit* ♥
11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	10.05-10.55 am	11.05-11.55 am	11.05-11.55 am
Groovelates	Zumba®	Magical Musicals	Zumba®	Beginners Aerobic Fat Burner	Bollywood	Zumba®
3.05-3.30 pm	4.05-4.45 pm	3.05-3.45 pm	12.05-12.55 pm	11.05-11.30 am	3.05-3.30 pm	3.05-3.45 pm
Hula Hooping*	Stretching for Health*	Ballet Toning*	Pilates	Studio Cycling	Hula Hooping*	Ballet Toning*
3.45-5.00pm	5.05-5.55 pm	4.05-5.00 pm	2.05-2.45 pm	11.30 - 12.00 am	4.05-4.45 pm	4.05-4.55 pm
Beginners Hatha Yoga*	Pilates	Tai Chi Sword *	Beaming *	Studio Cycling	Fitness Yoga	Pilates
5.05-5.55 pm		5.05-5.55 pm	3.05-3.30 pm	2.05 - 2.30 pm	5.05-5.45 pm	5.05-5.55 pm
Sunset Stretch		Sunset Stretch	Hula Hooping*	Introduction to Meditation	Beaming*	Sunset Stretch
6.00-6.35 pm		6.05-7.30 pm	3.30-4.00 pm	3.05-3.30 pm		
Skip Fit* ♥		Hatha Yoga*	Relax and Unwind	Hula Hooping*		
			4.05-4.45 pm	3.30 - 4.00 pm		
			Stretching for Health *	Ab Zone		
			5.05-5.55 pm	4.05-4.45 pm		
			Fitness Yoga	Ballet Toning*		
			6.05-6.30 pm	5.05-5.55 pm		
			Studio Cycling *	Sunset Stretch		

Outdoor Activities

2.05-2.55 pm	6.35-7.30pm	2.05-2.55 pm	10.05 - 11.00 am	3.05 - 4.00 pm	9.05-9.55 am	11.05-11.45 am
Country Walk	Boot Camp	Country Walk	Boot Camp	Boot Camp	Boot Camp	Nordic Walking*

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

Monday 17th to Sunday 23rd July 2017

♥ 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
9.05-9.55 am	9.05-9.55 am	7.35-8.00am am	Studio Two is closed on Thursday 20th and Friday 21st July and will re-open on Saturday 22nd July		9.05-9.55 am	7.35-8.00 am
Studio Cycling *	Coreboard Conditioning *	Wake up and Stretch			See Outdoor Activity	Wake up and Stretch
10.05-10.45 am	10.05-10.55 am	9.05- 10.00 am			10.05-10.45 am	9.05-9.55 am
High Intensity Interval Training* ♥	Studio Cycling*	Studio Cycling*			HIIT Wheels* ♥	Legs Tums and Bums
11.05-11.45 am	11.05-11.45 am	10.05-10.45 am			11.05-11.45 am	10.05-10.55 am
Pilates on the Ball*	Brain Fit	Beaming*			Roll and Release*	Studio Cycling*
12.05-12.45 pm	2.05-2.30 pm	11.05-11.55 am			12.05-12.55 pm	12.05-12.30 pm
Relax and Unwind	Introduction to Meditation	Tai Chi			Intermediate Pilates*	Introduction to Meditation
5.05-5.30 pm	4.05-4.45 pm	3.05-3.45 pm			4.05-4.45 pm	4.05-4.45 pm
Ab Zone ♥	Beaming*	Roll and Release*			Relax and Unwind	90/60/30 HIIT Workout ♥
6.35-7.30 pm	5.05-5.40 pm	5.05-5.45 pm			5.05-5.45 pm	5.05-5.30 pm
Advanced Pilates*	Total Leg Workout	Fitness Ball*			Aromaball Destress*	Flat Stomach Strong Stomach
	5.45-6.30 pm	6.35-7.30 pm				
	HIIT Wheels* ♥	Super Circuits ♥				

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
Aquatone	Cardio Splash	Wild Woggles	Aquatone	Aqua Mitts	Cardio Splash	Wild Woggles
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
Aqua Attack	Wild Woggles	Aqua Mitts	Cardio Splash	Aquatone	Aqua Mitts	Cardio Splash
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	4.05-4.30 pm	4.05-4.30 pm
Cardio Splash	Aquatone	Aqua Attack	Wild Woggles	Cardio Splash	Wild Woggles	Aquatone

Monday 17th to Sunday 23rd July 2017