

# 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 | Hi-Lo 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                  | 6.35 - 7.30 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 ♥                  | Super Circuits                 | Tai Chi Sword *              | Beginners Hatha Yoga*          | Ballet Barre Conditioning*   | Hula Hooping*                  | HIIT Yoga ♥                |
| 5.05-5.55 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               |                                | 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       |

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\*NB: If you are a Country Club Member or in-house guest please book via the Gym by calling extension 318.

\*If you have a future booking and would like to book classes, please call us on 01664 433043

or email us at [treatments@ragdalehall.co.uk](mailto:treatments@ragdalehall.co.uk)

♥ 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                            |
|---|----------------------------|-----------------------------------|----------------------------|-----------------------|-------------------------------|-----------------------------------|
| <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>10.05-10.45 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>11.05-11.55 am</b>             |
| Pilates on the Ball*                    | Pilates*                   | Tai Chi                           | Pilates*                   | Tai Chi               | Stretch, Roll and Release*    | Pilates*                          |
| <b>12.05-12.45 pm</b>                   | <b>4.05-4.55 pm</b>        | <b>3.05-3.45 pm</b>               | <b>4.05-4.55 pm</b>        | <b>3.05-3.45 pm</b>   | <b>12.05-12.55 pm</b>         | <b>4.05-4.45 pm</b>               |
| Time To Unwind                          | Stretch, Roll and Release* | Time To Unwind                    | Stretch, Roll and Release* | Time to Unwind        | Intermediate Pilates*         | Time to Unwind                    |
| <b>5.05-5.55 pm</b>                     | <b>5.05-5.40 pm</b>        | <b>5.05-5.45 pm</b>               | <b>5.05-5.45pm</b>         | <b>4.05-4.45pm</b>    | <b>3.05-3.30 pm</b>           | <b>5.05-5.45 pm</b>               |
| 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*              |
| <b>6.35-7.30 pm</b>                     | <b>5.45-6.30 pm</b>        | <b>6.35-7.30 pm</b>               |                            | <b>5.05-5.45pm</b>    | <b>5.05-5.45 pm</b>           |                                   |
| Advanced Pilates*                       | HIIT Wheels Extreme* ♥     | Studio Cycling*                   |                            | HIIT Wheels* ♥        | RUSH High Intensity Workout ♥ |                                   |
|   |                            |                                   |                            |                       |                               |                                   |

### 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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