

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	10.15-10.55 am	10.15-10.55 am	9.05-9.55 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Aerobics and Tone	Beginners Aerobic Fat Burner	Advanced Aerobics Fat Burner ♥	Intermediate Step ♥
10.05-10.55 am	10.05-10.45 am	10.05-10.55 am	10.05-10.45 am	11.05-11.55 am	11.05-11.55 am	10.05-10.35 am
Beginners Aerobic Fat Burner	90/60/30 HIIT Workout ♥	Intermediate Pilates*	Drums Alive*	Jive Workout	Bollywood	Skip Fit* ♥
11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	2.05-2.30 pm	3.05-4.15 pm	11.05-11.55 am
Groovelates	Zumba®	Magical Musicals	Zumba®	Hula Hooping*	Hatha Yoga*	Magical Musicals
3.05-3.30 pm	4.05-4.45 pm	3.05-3.45 pm	12.05-12.55 pm	4.15-5.00pm	4.30-5.00 pm	3.05-3.45 pm
Hula Hooping*	Stretching for Health*	Ballet Toning*	Pilates	Ballet Toning*	Hula Hooping*	Ballet Toning*
3.45-5.00pm	5.05-5.55 pm	4.05-5.00 pm	4.15-4.55 pm	5.05-5.55 pm	5.05-5.45 pm	4.05-4.55 pm
Hatha Yoga*	Pilates	Tai Chi Sword *	Stretching for Health*	Candlelight Stretch	Beaming*	Pilates
5.05-5.55 pm	6.35 - 7.30 pm	5.05-5.55 pm	5.05-5.55 pm			5.05-5.55 pm
Candlelight Stretch	90/60/30 HIIT Workout ♥	Candlelight Stretch	Beginners Yoga*			Candlelight Stretch
6.00-6.35 pm		6.05-7.30 pm				
Skip Fit* ♥		Hatha Yoga*				

Outdoor Activities

2.05-2.55 pm		2.05-2.55 pm			9.05-9.55 am	11.05-11.45 am
Country Walk		Country Walk			Boot Camp	Nordic Walking*

Monday 13th to Sunday 19th November 2017

* 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
9.05-9.55 am	9.05-9.55 am	9.05- 10.00 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am	9.05-9.55 am
Studio Cycling *	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Pilates*	Resistance Bands for Strength and Tone*	Legs Tums and Bums
10.05-10.45 am	10.05-10.55 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
High Intensity Interval Training* ♥	Studio Cycling*	Beaming*	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.05-11.45 am	11.05-11.45 am	11.05-11.55 am	11.05-11.45 am	11.05-11.55 am	11.05-11.45 am	12.05-12.30 pm
Pilates on the Ball*	Brain Fit	Tai Chi	Beaming*	Tai Chi	Roll and Release*	Introduction to Meditation
12.05-12.45 pm	2.05-2.30 pm	3.05-3.45 pm	2.05-2.45 pm	2.05-2.30 pm	12.05-12.55 pm	4.05-4.45 pm
Relax and Unwind	Introduction to Meditation	Roll and Release*	Pilates on the Ball*	Introduction to Meditation	Intermediate Pilates*	90/60/30 HIIT Workout ♥
5.05-5.30 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	5.05-5.30 pm
Tums or Bums	Beaming*	Fitness Ball*	Relax and Unwind	Fitness Yoga	Relax and Unwind	Flat Stomach Strong Stomach
6.35-7.30 pm	5.05-5.40 pm	6.35-7.30 pm	5.05-5.30 pm	5.05-5.45pm	5.05-5.45 pm	
Advanced Pilates*	Legs Tums and Bums	Super Circuits ♥	HIIT Row* ♥	Studio Cycling*	Aromaball Destress*	
	5.45-6.30 pm		5.30-6.00 pm			
	HIIT Wheels* ♥		Intermediate Studio Cycling* ♥			

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

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