

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 | 10.05-10.45 am | 10.05-10.55 am | 10.05-10.45 am | 10.05-10.55 am | 10.05-10.55 am | 10.05-10.35 am |
| Beginners Aerobic Fat Burner | 90/60/30 HIIT Workout ♥ | Intermediate Pilates* | Drums Alive* | Beginners Aerobic Fat Burner | 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 | 11.05-11.55 am | 11.05-11.55 am | 11.05-11.55 am |
| Jive Workout | Zumba® | Magical Musicals | Zumba® | Jive Workout | Bollywood | Zumba® |
| 3.05-3.30 pm | 4.05-4.45 pm | 3.05-3.45 pm | 12.05-12.55 pm | 3.05-3.30 pm | 3.05-4.15 pm | 3.05-3.45 pm |
| Hula Hooping* | Stretching for Health* | Ballet Toning* | Pilates | Hula Hooping* | Hatha Yoga* | Ballet Toning* |
| 3.45-5.00pm | 5.05-5.55 pm | 4.05-4.55 pm | 3.05-3.55 pm | 4.05-4.45 pm | 4.30-5.00 pm | 4.05-4.55 pm |
| Hatha Yoga* | Pilates | Tai Chi Sword * | Beginner's Hatha Yoga* | Ballet Toning* | Hula Hooping* | 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 | 5.05-5.45 pm | 5.05-5.55 pm |
| Candlelight Stretch | 90/60/30 HIIT Workout ♥ | Candlelight Stretch | Stretching for Health* | Candlelight Stretch | Beaming* | Candlelight Stretch |
| 6.00-6.35 pm | | 6.05-7.30 pm | 6.35-7.15 pm | | | |
| Skip Fit* ♥ | | Hatha Yoga* | Rush ♥ | | | |

Outdoor Activities

| | | | | | | |
|--------------|--|--------------|--|--|----------------|-----------------|
| 2.05-2.55 pm | | 2.05-2.55 pm | | | 10.05-11.55 am | 11.05-11.45 am |
| Country Walk | | Country Walk | | | Boot Camp | Nordic Walking* |

Monday 4th to Sunday 10th December 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 | 9.05-9.45 am | 9.05-9.55 am |
| Studio Cycling * | Coreboard Conditioning * | Studio Cycling* | Coreboard Conditioning * | Intermediate Pilates* | HIIT Wheels* ♥ | 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 | 10.05-11.00 am | 10.05-10.55 am |
| High Intensity Interval Training* ♥ | Studio Cycling* | Beaming* | HIIT Wheels* ♥ | Studio Cycling* | See Outdoor Activity | 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 | Flat Stomach Strong Stomach | Relax and Unwind | Flat Stomach Strong Stomach |
| 6.35-7.30 pm | 5.05-5.40 pm | 6.35-7.30 pm | 5.05-5.45 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 | | 6.00-6.35 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 |