

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*	Step Circuit ♥
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
Groovelates	Zumba®	Magical Musicals	Zumba®	Sassy Style	Bollywood	Magical Musicals
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	3.05-3.30 pm	3.05-3.45 pm
Hula Hooping*	Stretching for Health*	Ballet Toning*	Pilates	Hula Hooping*	Hula Hooping*	Ballet Toning*
3.45-5.00pm	5.05-5.55 pm	4.05-5.00 pm	3.05-3.30 pm	4.05-4.45 pm	4.05-4.45 pm	4.05-4.55 pm
Beginners Hatha Yoga*	Pilates	Tai Chi Sword *	Hula Hooping*	Ballet Toning*	Fitness Yoga	Pilates
5.05-5.55 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
Sunset Stretch		Sunset Stretch	Fitness Yoga	Sunset Stretch	Beaming*	Sunset 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	6.35-7.30pm	2.05-2.55 pm			9.05-9.55 am	11.05-11.45 am
Country Walk	Boot Camp	Country Walk			Boot Camp	Nordic Walking*

Monday 7th to Sunday 13th August 2017

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

MYZONE Uses heart rate monitors. Please be aware these classes include a 10 minute setup time.

♥ 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 Studio Cycling * MYZONE	9.05-9.55 am Coreboard Conditioning *	7.35-8.00am am Wake up and Stretch	9.05-9.55 am Coreboard Conditioning *	9.05-9.55 am Intermediate Pilates*	9.05-9.55 am See Outdoor Activity	7.35-8.00 am Wake up and Stretch
10.05-10.45 am High Intensity Interval Training* ♥	10.05-10.55 am Studio Cycling* MYZONE	9.05- 10.00 am Studio Cycling* MYZONE	10.05-10.45 am HIIT Wheels* ♥ MYZONE	10.05-10.55 am Studio Cycling* MYZONE	10.05-10.45 am HIIT Wheels* ♥ MYZONE	9.05-9.55 am Legs Tums and Bums
11.05-11.45 am Pilates on the Ball*	11.05-11.45 am Brain Fit	10.05-10.45 am Beaming*	11.05-11.45 am Beaming*	11.05-11.55 am Tai Chi	11.05-11.45 am Roll and Release*	10.05-10.55 am Studio Cycling* MYZONE
12.05-12.45 pm Relax and Unwind	2.05-2.30 pm Introduction to Meditation	11.05-11.55 am Tai Chi	2.05-2.45 pm Pilates on the Ball*	2.05-2.30 pm Introduction to Meditation	12.05-12.55 pm Intermediate Pilates*	12.05-12.30 pm Introduction to Meditation
5.05-5.30 pm Ab Zone ♥	4.05-4.45 pm Beaming*	3.05-3.45 pm Roll and Release*	4.05-4.45 pm Relax and Unwind	5.05-5.45 pm Studio Cycling*	4.05-4.45 pm Relax and Unwind	4.05-4.45 pm 90/60/30 HIIT Workout ♥
6.35-7.30 pm Advanced Pilates*	5.05-5.40 pm Total Leg Workout	5.05-5.45 pm Fitness Ball*	5.05-5.45 pm Stretching for Health*		5.05-5.45 pm Aromaball Destress*	5.05-5.30 pm Flat Stomach Strong Stomach
	5.45-6.30 pm HIIT Wheels* ♥	6.35-7.30 pm Super Circuits ♥	6.00-6.35 pm Intermediate Studio Cycling* ♥			

Exercise Pool Classes

10.05-10.30 am Aquatone	10.05-10.30 am Cardio Splash	10.05-10.30 am Wild Woggles	10.05-10.30 am Aquatone	10.05-10.30 am Aqua Mitts	10.05-10.30 am Cardio Splash	10.05-10.30 am Wild Woggles
11.05-11.30 am Aqua Attack	11.05-11.30 am Wild Woggles	11.05-11.30 am Aqua Mitts	11.05-11.30 am Cardio Splash	11.05-11.30 am Aquatone	11.05-11.30 am Aqua Mitts	11.05-11.30 am Cardio Splash
4.05-4.30 pm Cardio Splash	4.05-4.30 pm Aquatone	4.05-4.30 pm Aqua Attack	4.05-4.30 pm Wild Woggles	4.05-4.30 pm Cardio Splash	4.05-4.30 pm Wild Woggles	4.05-4.30 pm Aquatone

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