

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
Groovelates	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 HIIT Workout ♥			

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 8th to Sunday 14th January

* 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	Fitness Yoga	Relax and Unwind	Flat Stomach Strong Stomach
6.35-7.30 pm	5.05-5.40 pm	6.35-7.30 pm	5.05-5.45 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
Cardio Waves	HIIT the Water	Cardio Waves	Aquaflex	Cardio Waves	HIIT the Water	Cardio Waves
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
Aquagym	Aquaflex	Aquaflow	HIIT the Water	Aquagym	Aquaflex	Aquagym
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	4.05-4.30pm	4.05-4.30 pm
Aquaflex	Aquagym	Aquagym	Aquaflow	HIIT the Water	Aquaflow	Aquaflex

Monday 8th to Sunday 14th January