

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	Box Fit Circuit	Intermediate Pilates*	Drums Alive*	Beginners Aerobic Fat Burner	Box Fit Circuit	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
Magical Musicals	Zumba®	Groovelates	Zumba®	Bollywood	Jive	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	5.05-5.45 pm	4.05-4.55 pm	3.05-3.45 pm	4.05-4.45pm	4.30-4.55 pm	4.05-4.45 pm
HIIT Yoga ♥	Drums Alive*	Tai Chi Sword *	Fitness 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
Candlelight Stretch*		Candlelight Stretch*	Weights for Strength and Tone*	Candlelight Stretch*	Drums Alive*	Candlelight Stretch*
		6.05-7.30 pm	6.35-7.15 pm			
		Hatha Yoga*	RUSH High Intensity Workout ♥			

Outdoor Activities

2.05-2.55 pm			2.05-2.55pm		11.05-12.00 pm	
Country Walk			Country Walk		Bootcamp	

January 7th to 13th 2019

*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

♥ 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
9.05-9.45 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	9.05-9.45 am
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Intermediate Pilates*	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
10.05-10.55 am	10.05-10.45 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
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.05-11.45 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	11.05-11.55 am	12.05-12.55 pm	11.05-11.55 am
Fitness Ball*	Pilates*	Tai Chi	Pilates*	Tai Chi	Intermediate Pilates*	Pilates*
12.05-12.45 pm	4.05-4.55 pm	3.05-3.45 pm	4.05-4.55 pm	3.05-3.45 pm	3.05-3.55pm	4.05-4.45 pm
Time To Unwind	Roll and Release*	Time To Unwind	Roll and Release*	Time to Unwind	Roll and Release*	Time to Unwind
5.05-5.55 pm	5.05-5.40 pm	5.05-5.45 pm	6.00pm-6.30pm	4.05-4.45pm	5.05-5.45 pm	5.05-5.45 pm
Resistance Bands for Strength and Tone*	Legs Tums and Bums	Pilates on the Ball*	Intermediate Studio Cycling*	Pilates on the Ball*	RUSH High Intensity Workout ♥	Pilates on the Ball*
6.35-7.30 pm	6.00-6.45 pm	6.35-7.30 pm		5.05-5.45pm		
Advanced Pilates*	HIIT Wheels Extreme* ♥	Box Fit Circuit		Roll and Release*		

Exercise Pool Classes

10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am
Cardio Waves*	HIIT the Water*	Cardio Waves*	Aquaflex*	Cardio Waves*	HIIT the Water*	Cardio Waves*
11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am
Aquaflex	Aquagym	Aquaflow	HIIT the Water	Aquagym	Aquaflex	Aquaflex
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
Aquagym	Aquaflex	Aquagym	Aquaflow	HIIT the Water	Aquaflow	Aquagym

JANUARY 7th TO 13th 2019