

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 | Aerobic Fat Burner | 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 |
| Jive | Zumba® | Broadway | Zumba® | Jive | Broadway | 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 | 3.05-4.15 pm | 4.05-4.45pm | 4.30-4.55 pm | 4.05-4.45 pm |
| HIIT Yoga ♥ | Drums Alive* | Tai Chi Sword * | Beginners Hatha 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 | |

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*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



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|---|--------------------------|-----------------------------------|------------------------------|-----------------------|-------------------------------|-----------------------------------|
| 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 |
| Pilates on the 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

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|----------------|-----------------|----------------|----------------|----------------|-----------------|----------------|
| 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 | Aquaflex | 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 | Aquaflex | HIIT the Water | Aquaflex | Aquagym |

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