

CHAMPNEYS HENLOW: ACTIVITY SCHEDULE SEPTEMBER 2019

MONDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA FIT	♥♥♥	POOL
08.00 - 08.30	POWER WALK	♥♥♥	FITNESS DESK
08.30 - 09.00	WAKE-UP W.OUT	♥♥♥	STUDIO
09.15 - 09.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
10.00 - 10.55	HATHA YOGA E	♥♥♥	STUDIO
10.00 - 10.45	URBAN HIIT	♥♥♥♥	URBAN GYM
11.00 - 11.30	BODY STRETCH	♥♥♥	STUDIO
11.15 - 11.45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
12.00 - 12.55	FITNESS PILATES	♥♥♥	STUDIO
13.00 - 13.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
14.00 - 14.45	STRETCH & RELAX	♥♥	STUDIO
14.00 - 14.55	COUNTRY WALK	♥	FITNESS DESK
15.00 - 15.30	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
16.00 - 16.30	AQUA MITT	♥♥♥	POOL
16.00 - 16.30	HULA HOOP	♥♥	STUDIO
17.00 - 17.45	STRETCH & RELAX	♥♥	STUDIO
18.00 - 18.30	EXPRESS LBT	♥♥	STUDIO
18.30 - 19.15	URBAN POWER	♥♥♥♥	URBAN GYM
18.30 - 19.15	CARDIO TENNIS	♥♥♥	FITNESS DESK
18.30 - 19.15	ZUMBA	♥♥♥	STUDIO
19.30 - 20.15	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE

TUESDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA FIT	♥♥♥	POOL
08.00 - 08.30	BODY STRETCH	♥♥♥	STUDIO
08.30 - 09.25	FITNESS PILATES	♥♥♥	STUDIO
09.30 - 10.00	AQUA MITT	♥♥♥	POOL
10.00 - 10.55	IVENGAR YOGA E	♥♥♥	STUDIO
10.00 - 10.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
11.00 - 11.30	URBAN HIIT	♥♥♥♥	URBAN GYM
11.00 - 11.55	RELAXATION	♥	STUDIO
12.00 - 12.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
14.00 - 14.55	COUNTRY WALK	♥	FITNESS DESK
14.30 - 14.55	MIND/BODY CALM	♥	STUDIO
15.00 - 15.45	STRETCH & RELAX	♥	STUDIO
16.00 - 16.45	BOX FIT	♥♥♥♥	URBAN GYM
16.00 - 16.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
16.30 - 17.00	AQUA MITT	♥♥♥	POOL
17.30 - 18.00	FITNESS FUSION	♥♥♥	STUDIO
18.15 - 19.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
18.15 - 19.00	BOX FIT	♥♥♥♥	URBAN GYM
18.30 - 19.00	AQUA FIT	♥♥♥	POOL
18.30 - 19.15	BODY SCULPT	♥♥♥	STUDIO
19.15 - 20.00	BOX CLUB	♥♥♥	URBAN GYM
19.30 - 20.25	HATHA YOGA E	♥♥♥	STUDIO

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA FIT	♥♥♥	POOL
08.00 - 08.55	FITNESS PILATES	♥♥♥	STUDIO
09.00 - 09.45	BARRE FUSION	♥♥♥	STUDIO
09.15 - 10.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
09.30 - 10.00	GYM INTRO	♥♥	GYM
10.00 - 10.45	URBAN POWER	♥♥♥♥	URBAN GYM
10.00 - 10.45	PICKLEBALL	♥♥♥	FITNESS DESK
10.00 - 10.55	HATHA YOGA E	♥♥♥	STUDIO
11.00 - 11.30	BODY STRETCH	♥♥♥	STUDIO
11.15 - 11.45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
12.00 - 12.55	FITNESS PILATES	♥♥♥	STUDIO
14.00 - 14.45	STRETCH & RELAX	♥♥	STUDIO
14.00 - 14.55	NORDIC WALK	♥♥♥	FITNESS DESK
15.00 - 15.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
16.00 - 16.30	HULA HOOP	♥♥	STUDIO
16.00 - 16.30	AQUA MITT	♥♥	POOL
17.00 - 17.45	STRETCH & RELAX	♥♥	STUDIO
18.15 - 19.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
18.30 - 19.15	URBAN HIIT	♥♥♥♥	URBAN GYM
19.30 - 20.00	AQUA FIT	♥♥♥	POOL
19.30 - 20.15	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE

THURSDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA MITT	♥♥♥	POOL
08.00 - 08.30	BODY STRETCH	♥♥♥	STUDIO
09.00 - 09.55	FITNESS PILATES	♥♥♥	STUDIO
09.30 - 10.00	AQUA FIT	♥♥♥	POOL
10.15 - 10.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
11.00 - 11.45	BARRE FUSION	♥♥♥	STUDIO
12.00 - 12.55	VINYASA YOGA E	♥♥♥	STUDIO
14.00 - 14.30	HULA HOOP	♥	STUDIO
14.00 - 14.55	COUNTRY WALK	♥	STUDIO
15.00 - 15.45	BOX FIT	♥♥♥♥	URBAN GYM
15.00 - 15.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
15.00 - 15.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
16.00 - 16.45	STRETCH & RELAX	♥♥	STUDIO
16.30 - 17.00	AQUA FIT	♥♥	POOL
17.30 - 18.00	FITNESS FUSION	♥♥♥	STUDIO
17.00 - 17.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
18.30 - 19.00	AQUA FIT	♥♥	POOL
18.15 - 19.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
18.15 - 19.00	BOX CLUB	♥♥♥	URBAN GYM
18.30 - 19.25	FITNESS PILATES	♥♥♥	STUDIO
19.15 - 20.00	BOX FIT	♥♥♥♥	URBAN GYM
19.30 - 20.15	FITSTEPS	♥♥♥	STUDIO

FRIDAY

TIME	CLASS	INTENSITY	STUDIO 1
07.00 - 07.30	AQUA FIT	♥♥♥	POOL
08.00 - 08.30	POWER WALK	♥♥♥	FITNESS DESK
08.30 - 08.55	WAKE-UP W.OUT	♥♥♥	STUDIO
09.00 - 09.45	BARRE FUSION	♥♥♥	STUDIO
10.00 - 10.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
10.00 - 10.45	URBAN HIIT	♥♥♥♥	STUDIO
10.00 - 10.55	HATHA YOGA E	♥♥♥	STUDIO
11.00 - 11.30	BODY STRETCH	♥♥♥	STUDIO
11.00 - 11.45	PICKLEBALL	♥♥♥	FITNESS DESK
12.00 - 12.30	STABILITY	♥♥♥	GYM
13.15 - 14.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
14.00 - 14.30	FOAM ROLLING	♥	STUDIO
14.00 - 14.55	COUNTRY WALK	♥	FITNESS DESK
15.00 - 15.30	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
16.00 - 16.30	AQUA FIT	♥♥♥	POOL
17.00 - 17.45	STRETCH & RELAX	♥	STUDIO
18.00 - 18.25	MIND/BODY CALM	♥	STUDIO
18.15 - 19.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
18.30 - 19.15	URBAN POWER	♥♥♥♥	URBAN GYM
18.30 - 19.25	VINYASA YOGA E	♥♥♥	STUDIO
19.30 - 20.15	BARRE FUSION	♥♥♥	STUDIO

SATURDAY

TIME	CLASS	INTENSITY	STUDIO 1
07.00 - 07.30	AQUA MITT	♥♥♥	POOL
08.00 - 08.55	NORDIC WALK	♥♥♥	FITNESS DESK
08.00 - 08.55	FITNESS PILATES	♥♥♥	STUDIO
09.15 - 09.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
09.30 - 10.00	AQUA FIT	♥♥♥	POOL
10.00 - 10.45	BODYSULPT	♥♥♥	STUDIO
11.00 - 11.55	URBAN HIIT	♥♥♥♥	URBAN GYM
11.00 - 11.55	VINYASA YOGA E	♥♥♥	STUDIO
12.00 - 12.55	FITNESS PILATES	♥♥♥	STUDIO
13.00 - 13.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
14.00 - 14.45	DA VINCI	♥♥♥	STUDIO
14.00 - 14.55	COUNTRY WALK	♥	FITNESS DESK
15.00 - 15.30	HULA HOOP	♥	STUDIO
16.00 - 16.30	AQUA MITT	♥♥♥	POOL
17.00 - 17.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
17.00 - 17.30	FOAM ROLLING	♥♥	STUDIO
17.30 - 18.00	WATER NETBALL	♥♥♥	POOL
18.00 - 18.45	STRETCH & RELAX	♥♥	STUDIO

SUNDAY

TIME	CLASS	INTENSITY	STUDIO 1
07.00 - 07.30	AQUA FIT	♥♥♥	POOL
08.00 - 08.25	DAILY MILE	♥♥♥	FITNESS DESK
08.30 - 08.55	WAKE-UP W.OUT	♥♥♥	STUDIO
09.00 - 09.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
10.00 - 10.45	ZUMBA	♥♥♥	STUDIO
10.00 - 10.45	PICKLEBALL	♥♥♥	FITNESS DESK
11.00 - 11.45	URBAN HIIT	♥♥♥♥	URBAN GYM
11.00 - 11.55	IVENGAR YOGA E	♥♥♥	STUDIO
12.00 - 12.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
13.00 - 13.45	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE
14.00 - 14.45	STRETCH & RELAX	♥♥	STUDIO
14.00 - 14.55	NORDIC WALK	♥♥♥	FITNESS DESK
15.00 - 15.45	COACH BY COLOUR	♥♥♥♥	CYCLE ZONE
16.00 - 16.30	AQUA MITT	♥♥♥	POOL
16.00 - 16.30	HULA HOOP	♥	STUDIO
17.00 - 17.45	STRETCH & RELAX	♥	STUDIO
17.30 - 18.00	WATER NETBALL	♥♥♥	POOL
18.15 - 19.00	VIRTUAL RIDE	♥♥♥♥	CYCLE ZONE

MASTERCLASS

DATE	CLASS	PRESENTER
14TH SEPTEMBER	BODYSULPT	SANDRA LAU
14TH SEPTEMBER	AQUA FIT	SANDRA LAU
15TH SEPTEMBER	LEGS,BUMS & TUMS	SANDRA LAU
15TH SEPTEMBER	COACH BY COLOUR	SANDRA LAU
28TH SEPTEMBER	ZUMBA	GIRLS LOVE FIT
28TH SEPTEMBER	COACH BY COLOUR	GIRLS LOVE FIT
29TH SEPTEMBER	PILATES	GIRLS LOVE FIT
29TH SEPTEMBER	LEGS,BUMS & TUMS	GIRLS LOVE FIT

INFORMATION

CLASS INTENSITY GRADING

- ♥ VERY LOW INTENSITY WORKOUT
- ♥♥ LOW INTENSITY CLASS IDEAL FOR TOTAL BEGINNERS
- ♥♥♥ MEDIUM INTENSITY
- ♥♥♥♥ MEDIUM INTENSITY WITH HIGHER INTENSITY OPTIONS
- ♥♥♥♥♥ HIGH INTENSITY WORKOUT

CLASS RECOMMENDATIONS

Please book all classes at the Wellbeing & Fitness Reception.

Classes can be booked free of charge on the day subject to availability unless there is a £ sign shown which refers to a £6 supplement.

Cancellation on the day if the class was full or simply no show will result in a £3/£6 charge depending on the class.

For Club Member booking terms please see the Wellbeing & Fitness Desk.

At Champneys we encourage you to balance your stay/visit with classes that emphasise flexibility, strength and cardiovascular fitness to achieve optimal wellbeing.

SAFETY

A warm up and cool down is essential for the safety of each individual.

For this reason and for the consideration of others, please do not enter a class after it has started as admission will be refused. Class admission will be refused if footwear is unsuitable. Please note if you have any injuries, medical problems or if you are pregnant, please let the Wellbeing & Fitness Instructors know prior to the class or gym use. Participation in all activities is at own risk.

WATER

Water bottles are available from the boutique/Wellbeing & Fitness Reception, you are reminded to take plenty of fluids during and after exercise.

PLEASE NOTE: CLASSES AND MASTERCLASSES MAY BE SUBJECT TO CHANGE ESPECIALLY OVER BANK HOLIDAYS.