

CHAMPNEYS TRING: ACTIVITY SCHEDULE SEPTEMBER 2019

MONDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.30	DAILY MILE	♥♥	FITNESS DESK
8.00 - 8.55	MEDITATIVE YOGA E6	♥♥♥♥	MIND&BODY
9.00 - 9.30	WAKEUP BOOST	♥♥♥♥	URBAN GYM
9.00 - 9.30	CORE BALANCE	♥♥♥♥	STUDIO 1
10.00 - 10.55	HATHA YOGA E6	♥♥♥♥	MIND&BODY
10.00 - 10.45	BODY SCULPT	♥♥♥♥	STUDIO 1
10.00 - 10.45	CHAMP RIDE 45	♥♥♥♥	CYCLE
10.00 - 10.45	AQUA FIT	♥♥♥♥	POOL
11.00 - 11.45	BOXFIT	♥♥♥♥	URBAN GYM
11.00 - 11.45	BODY SCULPT	♥♥♥♥	STUDIO 1
12.00 - 12.55	JUMPGA	♥♥♥♥	STUDIO 1
12.00 - 12.45	INTERMEDIATE PILATES	♥♥♥♥	MIND&BODY
12.00 - 12.30	RIDE & LEARN 30	♥♥♥♥	CYCLE
1.15 - 2.00	LUNCH & LEARN		RESTAURANT
2.00 - 2.45	VIRTUAL RIDE 45	♥♥♥♥	CYCLE
2.00 - 2.30	CORE BALANCE	♥♥♥♥	MIND&BODY
2.00 - 2.55	COUNTRY WALK	♥♥♥♥	FITNESS DESK
3.00 - 3.30	AQUA CIRCUIT	♥♥♥♥	POOL
3.00 - 3.45	VIRTUAL RIDE 45	♥♥♥♥	CYCLE
3.30 - 4.00	FOAM ROLLER	♥♥♥♥	STUDIO 1
5.00 - 5.55	HATHA YOGA E6	♥♥♥♥	STUDIO 1
6.15 - 7.15	FLOW YOGA E6	♥♥♥♥	MIND&BODY
6.15 - 7.00	CHAMP RIDE 45	♥♥♥♥	CYCLE
6.15 - 7.00	BOX CLUB	♥♥♥♥	URBAN GYM
7.15 - 8.15	HATHA YOGA E6	♥♥♥♥	MIND&BODY
7.15 - 8.00	BOX CLUB	♥♥♥♥	URBAN GYM
7.15 - 8.00	BODY SCULPT	♥♥♥♥	STUDIO 1

FRIDAY

TIME	CLASS	INTENSITY	STUDIO 1
8.00 - 8.30	DAILY MILE	♥♥	FITNESS DESK
8.00 - 8.55	HATHA YOGA E6	♥♥♥♥	MIND&BODY
9.00 - 9.45	FITNESS PILATES	♥♥♥♥	STUDIO 1
9.00 - 9.30	WAKEUP BOOST	♥♥♥♥	URBAN GYM
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥	CYCLE
10.00 - 10.55	JUMPGA	♥♥♥♥	STUDIO 1
10.00 - 10.30	AQUA MITT	♥♥♥♥	POOL
11.00 - 11.55	RAJA YOGA E6	♥♥♥♥	MIND&BODY
11.00 - 11.45	DANCEFIT	♥♥♥♥	STUDIO 1
11.00 - 11.45	BOOTCAMP	♥♥♥♥	URBAN GYM
12.00 - 12.45	BARRE FUSION	♥♥♥♥	STUDIO 1
12.00 - 12.30	RIDE & LEARN 30	♥♥♥♥	CYCLE
2.00 - 2.45	COUNTRY WALK	♥♥♥♥	FITNESS DESK
2.00 - 2.45	VIRTUAL RIDE 45	♥♥♥♥	CYCLE
3.00 - 3.45	AQUA FIT	♥♥♥♥	POOL
3.30 - 4.00	FOAM ROLLER	♥♥♥♥	STUDIO 1
4.00 - 4.45	STRETCH & RELAX	♥♥♥♥	STUDIO 1
5.00 - 5.45	VIRTUAL RIDE 45	♥♥♥♥	CYCLE
5.00 - 5.45	BOX FIT	♥♥♥♥	URBAN GYM
5.00 - 5.55	VINYASA YOGA E6	♥♥♥♥	STUDIO 1
6.15 - 7.00	BODY SCULPT	♥♥♥♥	STUDIO 1

TUESDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥♥	FITNESS DESK
8.00 - 8.55	HATHA YOGA E6	♥♥♥	MIND&BODY
9.00 - 9.55	MEDITATIVE YOGA E6	♥♥♥	MIND&BODY
9.15 - 10.00	CHAMP RIDE 45	♥♥♥	CYCLE
9.00 - 9.30	WAKEUP BOOST	♥♥♥	URBAN GYM
9.00 - 9.45	INTERMEDIATE PILATES	♥♥♥	STUDIO 1
10.00 - 10.45	ZUMBA	♥♥♥	STUDIO 1
10.00 - 10.30	AQUA MITT	♥♥♥	POOL
11.00 - 11.45	BOX FIT	♥♥♥	URBAN GYM
11.00 - 11.45	FITSTEPS	♥♥♥	STUDIO 1
12.00 - 12.30	RIDE & LEARN 30	♥♥♥	CYCLE
12.30 - 1.15	CHAMP RIDE 45	♥♥♥	CYCLE
1.15 - 2.00	LUNCH & LEARN		RESTAURANT
2.00 - 2.45	NORDIC WALK	♥♥	FITNESS DESK
2.00 - 2.45	DA VINCI	♥♥♥	STUDIO 1
3.00 - 3.55	JUMPGA	♥♥♥	STUDIO 1
3.00 - 3.30	AQUA CIRCUIT	♥♥♥	POOL
4.00 - 4.45	STRETCH & RELAX	♥	STUDIO 1
4.00 - 4.30	HIIT	♥♥♥♥	URBAN GYM
5.00 - 5.55	FLOW YOGA E6	♥♥♥	STUDIO 1
6.00 - 6.55	FITNESS PILATES	♥♥	MIND&BODY
6.15 - 7.00	DARE TO DANCE	♥♥	STUDIO 1
6.30 - 7.00	AQUAFIT	♥♥	POOL
7.00 - 7.30	CORE BALANCE	♥♥	MIND&BODY
7.15 - 8.00	CHAMP RIDE 45	♥♥	CYCLE

SATURDAY

TIME	CLASS	INTENSITY	STUDIO 1
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
8.00 - 8.55	MEDITATIVE YOGA E6	♥♥♥	MIND&BODY
9.00 - 9.45	CHAMP RIDE 45	♥♥♥	CYCLE
9.00 - 9.45	FITNESS PILATES	♥♥♥	STUDIO 1
10.00 - 10.45	AQUA FIT	♥♥♥	POOL
10.00 - 10.55	HATHA YOGA E6	♥♥♥	MIND&BODY
10.00 - 10.45	ZUMBA	♥♥♥	STUDIO 1
11.00 - 11.45	CHAMP RIDE 45	♥♥♥	CYCLE
11.00 - 11.45	BOX FIT	♥♥♥	URBAN GYM
12.00 - 12.45	FAT AROUND THE MIDDLE	♥	KNOWLEDGE POD
12.00 - 12.55	MEDITATION E6	♥	STUDIO 1
1.00 - 1.45	VIRTUAL RIDE 45	♥♥♥	CYCLE
2.00 - 2.45	DA VINCI	♥♥♥	STUDIO 1
2.00 - 2.45	NORDIC WALK	♥♥	FITNESS DESK
3.00 - 3.30	AQUA MITT	♥♥	POOL
3.30 - 4.00	RIDE & LEARN 30	♥♥	CYCLE
4.00 - 4.45	BOOTCAMP	♥♥	URBAN GYM
4.00 - 4.45	STRETCH & RELAX	♥	STUDIO 1
5.00 - 5.55	HATHA YOGA E6	♥♥	MIND&BODY
5.30 - 6.00	CHAMP FUN	♥♥	STUDIO 1
6.00 - 6.45	VIRTUAL RIDE 45	♥♥	CYCLE

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.30	DAILY MILE	♥♥	FITNESS DESK
8.00 - 8.45	VIRTUAL RIDE 45	♥♥♥	CYCLE
8.00 - 8.55	HATHA YOGA E6	♥♥♥	MIND&BODY
9.00 - 9.45	FITNESS PILATES	♥♥♥	MIND&BODY
9.00 - 9.45	BODY SCULPT	♥♥♥	STUDIO 1
9.00 - 9.30	HIIT	♥♥♥♥	URBAN GYM
10.00 - 10.45	BODY SCULPT	♥♥♥	STUDIO 1
10.00 - 10.45	CHAMP RIDE 45	♥♥♥	CYCLE
10.00 - 10.45	AQUA FIT	♥♥♥	POOL
11.00 - 11.45	BOOTCAMP	♥♥♥	URBAN GYM
11.00 - 11.55	HATHA YOGA E6	♥♥♥	STUDIO 1
12.00 - 12.45	BARRE FUSION	♥♥♥	STUDIO 1
2.00 - 2.55	COUNTRY WALK	♥	FITNESS DESK
2.00 - 2.30	CORE BALANCE	♥♥	STUDIO 1
2.00 - 2.45	PICKLEBALL	♥♥	FITNESS DESK
3.00 - 3.30	AQUA CIRCUIT	♥♥	POOL
3.00 - 3.30	RIDE & LEARN 30	♥♥	CYCLE
4.00 - 4.55	HATHA YOGA E6	♥♥	MIND&BODY
5.00 - 5.45	PILATES	♥	MIND&BODY
5.30 - 6.15	DARE TO DANCE	♥♥	STUDIO 1
6.15 - 7.00	STRETCH & RELAX	♥♥	STUDIO 1
6.15 - 7.00	CHAMP RIDE 45	♥♥	CYCLE
6.15 - 7.00	BOX CLUB	♥♥	URBAN GYM
7.15 - 8.00	BOX CLUB	♥♥	URBAN GYM
7.05 - 7.55	JUMPGA	♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	STUDIO 1
8.00 - 8.30	DAILY MILE	♥♥	FITNESS DESK
9.00 - 9.55	YIN YOGA E6	♥♥	MIND&BODY
9.00 - 9.45	PILATES	♥♥	STUDIO 1
9.00 - 9.30	WAKEUP BOOST	♥♥	URBAN GYM
9.00 - 9.45	CHAMP RIDE 45	♥♥	CYCLE
10.00 - 10.30	CORE BALANCE	♥♥	STUDIO 1
10.00 - 10.55	HATHA YOGA E6	♥♥	MIND&BODY
10.00 - 10.30	AQUA MITT	♥♥	POOL
11.00 - 11.55	YIN YOGA E6	♥♥	MIND&BODY
11.00 - 11.45	CHAMP RIDE 45	♥♥	CYCLE
12.00 - 12.45	BOOTCAMP	♥♥	URBAN GYM
12.00 - 12.45	DANCE FIT	♥♥	STUDIO 1
1.00 - 1.45	VIRTUAL RIDE 45	♥♥	CYCLE
2.00 - 2.45	COUNTRY WALK	♥	FITNESS DESK
3.00 - 3.30	AQUA CIRCUIT	♥	POOL
3.00 - 3.45	PICKLEBALL	♥	FITNESS DESK
4.00 - 4.55	JUMPGA	♥	STUDIO 1
4.00 - 4.45	STRETCH & RELAX	♥	MIND&BODY
5.00 - 5.45	VIRTUAL RIDE 45	♥	CYCLE
6.00 - 6.45	VIRTUAL RIDE 45	♥	CYCLE

THURSDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
8.00 - 8.55	HATHA YOGA E6	♥♥	MIND&BODY
9.00 - 9.45	FITNESS PILATES	♥♥	STUDIO 1
9.00 - 9.30	WAKEUP BOOST	♥♥	URBAN GYM
9.00 - 9.45	CHAMP RIDE 45	♥♥	CYCLE
10.00 - 10.55	YIN YOGA E6	♥♥	MIND&BODY
10.00 - 10.45	ZUMBA	♥♥	STUDIO 1
10.00 - 10.30	AQUA CIRCUIT	♥♥	POOL
11.00 - 11.45	FITSTEPS	♥♥	STUDIO 1
11.00 - 11.45	BOXFIT	♥♥	URBAN GYM
12.00 - 12.45	VIRTUAL RIDE 45	♥♥	CYCLE
12.00 - 12.45	MEDITATION E6	♥	MIND&BODY
1.15 - 2.00	LUNCH & LEARN		RESTAURANT
2.00 - 2.45	NORDIC WALKING	♥♥	FITNESS DESK
2.00 - 2.30	CORE BALANCE	♥♥	MIND&BODY
3.00 - 3.30	AQUA MITT	♥♥	POOL
3.00 - 3.55	JUMPGA	♥♥	STUDIO 1
4.00 - 4.30	HIIT	♥♥	URBAN GYM
4.00 - 4.45	VIRTUAL RIDE 45	♥♥	CYCLE
5.00 - 5.55	ASHTANGA YOGA E6	♥♥	STUDIO 1
6.00 - 6.45	BODY SCULPT	♥♥	STUDIO 1
6.15 - 7.00	CHAMP RIDE 45	♥♥	CYCLE
6.30 - 7.00	AQUA FIT	♥♥	POOL
7.00 - 7.30	STRETCH & RELAX	♥♥	STUDIO 1
7.00 - 7.55	MEDITATIVE YOGA E6	♥♥	MIND&BODY
9.00 - 9.45	FAT AROUND THE MIDDLE		KNOWLEDGE

MASTERCLASS

DATE	CLASS	PRESENTER
7TH SEPT	BOX FIT, STEP N TONE	CHRIS ROBERTS
8TH SEPT	ZUMBA, BOOTCAMP	CHRIS ROBERTS
14TH SEPT	PILATES, STRETCH & RELAX	JENNIFER PHILLIP
15TH SEPT	RIDE N TONE, AQUA SPLASH	JENNIFER PHILLIP
21ST SEPT	BARRE, ZENGA	KATE BISHOP
22ND SEPT	LEGS, BUMS & TUMS, HIIT	KATE BISHOP
28TH SEPT	ZUMBA TONING, BOLLYFIT	TANUJA PARMAR
29TH SEPT	BOOTCAMP, STRETCH & RELAX	TANUJA PARMAR

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.

If you wish to guarantee a place in your favourite class there is the option to pre-book the class a day before for £3. All outdoors classes will only run with a minimum number of 2 participants.