

CHAMPNEYS SPRINGS ACTIVITY SCHEDULE MARCH 2023

MONDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
8.30 - 9.25	HATHA YOGA (E)	♥♥♥	STUDIO 2
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.00 - 10.30	LINE DANCING	♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (E)	♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 2
12.00 - 12.30	BODY STRETCH	♥♥	STUDIO 2
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S	♥♥♥	STUDIO 1
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥♥	POOL
17.15 - 18.10	HATHA YOGA (E)	♥♥♥	STUDIO 2
18.15 - 18.45	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.55	FIRE UP TO YIN YOGA (E)	♥♥♥	STUDIO 2
19.00 - 19.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 1

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.45	CIRCUITS	♥♥♥♥	STUDIO 1
8.00 - 8.55	HATHA YOGA (E)	♥♥♥	STUDIO 2
9.00 - 9.30	FITBALL	♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥	STUDIO 1
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	AQUA ZUMBA	♥♥♥	POOL
11.00 - 11.55	YOGA (E)	♥♥♥	STUDIO 2
12.00 - 12.30	AB ATTACK	♥♥♥	STUDIO 1
14.00 - 14.30	LBT'S	♥♥♥	STUDIO 1
15.00 - 15.30	BODY STRETCH	♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.00 - 18.45	TRADITIONAL MAT PILATES	♥♥♥	STUDIO 2
18.15 - 18.45	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
18.30 - 19.00	AQUA	♥♥♥	POOL
19.00 - 19.55	YIN YOGA (E)	♥♥♥	STUDIO 2
19.15 - 20.00	BODYSULPT	♥♥♥	STUDIO 1

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	YOGA (E)	♥♥♥	STUDIO 2
11.00 - 11.55	CARDIO TENNIS	♥♥♥	STUDIO 1/OUTDOORS
12.00 - 12.30	LBT'S	♥♥♥	STUDIO 1
14.00 - 14.45	FITNESS PILATES	♥♥♥	STUDIO 2
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
17.15 - 18.10	HATHA YOGA (E)	♥♥♥	STUDIO 2
18.15 - 19.00	CIRCUITS	♥♥♥	STUDIO 1
19.15 - 20.00	FREESTYLE FITNESS PILATES	♥♥♥	STUDIO 2

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.55	HATHA YOGA (E)	♥♥♥	STUDIO 2
9.00 - 9.45	FITNESS PILATES	♥♥♥	STUDIO 2
10.00 - 10.45	DANCE FIT	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	YOGA (E)	♥♥♥	STUDIO 2
12.00 - 12.30	AB ATTACK	♥♥♥	STUDIO 1
14.00 - 14.30	BODY STRETCH	♥♥	STUDIO 2
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	LBT'S	♥♥♥	STUDIO 1
18.15 - 19.10	HATHA YOGA (E)	♥♥♥	STUDIO 2
19.00 - 19.30	AQUA	♥♥♥	POOL

FRIDAY

TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥	STUDIO 1
10.00 - 10.55	HATHA YOGA (E)	♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 2
12.00 - 12.30	FITBALL	♥♥♥	STUDIO 1
14.00 - 14.55	COUNTRY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	BODY STRETCH	♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.00 - 18.45	ZUMBA	♥♥♥	STUDIO 1
18.15 - 19.00	BODYSULPT	♥♥♥	STUDIO 2
19.15 - 19.45	AQUA	♥♥♥	POOL

SATURDAY

TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥	STUDIO 1
8.00 - 8.55	YIN YOGA (E)	♥♥♥	STUDIO 2
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥	STUDIO 1
10.00 - 10.30	AQUA	♥♥♥	POOL
10.00 - 10.45	TRADITIONAL MAT PILATES	♥♥♥	STUDIO 2
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	DANCE FIT	♥♥	STUDIO 1
12.00 - 12.45	PICKLEBALL	♥♥♥	STUDIO 1
14.00 - 14.55	COUNTRY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	BODY STRETCH	♥♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	FITBALL	♥♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY STRETCH	♥♥♥	STUDIO 2
9.00 - 9.30	HIIT	♥♥♥♥	STUDIO 1
10.00 - 10.30	AQUA	♥♥♥	POOL
10.00 - 10.55	HATHA YOGA (E)	♥♥♥	STUDIO 2
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 2
12.00 - 12.45	PICKLEBALL	♥♥♥	STUDIO 1
14.00 - 14.55	DOG FRIENDLY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	BODY STRETCH	♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	LBT'S	♥♥♥	STUDIO 1

MASTERCLASS

DATE	CLASS	PRESENTER
4.3.23		TBC
4.3.23		TBC
5.3.23		TBC
5.3.23		TBC
11.3.23	TBC	CAROL HAY
11.3.23	TBC	CAROL HAY
12.3.23	TBC	CAROL HAY
12.3.23	TBC	CAROL HAY
18.3.23	BODY BLITZ	EUGENE KIRBY
18.3.23	CHAMP RIDE	EUGENE KIRBY
19.3.23	HIIT	EUGENE KIRBY
19.3.23	CHAMP RIDE	EUGENE KIRBY
25.3.23	BODY BLITZ	TONY EPPS
25.3.23	CHAMP RIDE 30	TONY EPPS
25.3.23	AQUA	TONY EPPS
26.3.23	HIIT	TONY & HAYLEY EPPS
26.3.23	ZUMBA	HAYLEY EPPS
26.3.23	FITNESS PILATES	TONY EPPS

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 £8 supplement.

Cancellation on the day if the class was full or simply no show will result in a £3/£8 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.