

CHAMPNEYS SPRINGS ACTIVITY SCHEDULE MAY 2022

| 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 - 11.45 | 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 |
| 16.00 - 16.30 | FITNESS FUSION | ♥♥♥ | 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 | HATHA 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 - 11.55 | HATHA YOGA (E) | ♥♥♥ | STUDIO 2 |
| 12.00 - 12.30 | AB ATTACK | ♥♥♥ | STUDIO 1 |
| 14.00 - 14.30 | LBT'S | ♥♥♥ | STUDIO 1 |
| 15.00 - 15.30 | POWER WALK | ♥♥♥ | OUTDOORS |
| 16.00 - 16.30 | BODY STRETCH | ♥♥ | STUDIO 2 |
| 17.00 - 17.30 | AQUA | ♥♥♥ | POOL |
| 18.00 - 18.45 | TRADITIONAL MAT PILATES | ♥♥♥ | STUDIO 2 |
| 18.15 - 18.45 | CHAMP RIDE 30 | ♥♥♥♥♥ | STUDIO 1 |
| 19.00 - 19.45 | 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 - 11.55 | HATHA YOGA (E) | ♥♥♥ | STUDIO 2 |
| 11.00 - 11.55 | CARDIO TENNIS | ♥♥♥ | OUTDOORS |
| 12.00 - 12.30 | POWER WALK | ♥♥♥ | OUTDOORS |
| 14.00 - 14.45 | FITNESS PILATES | ♥♥♥ | STUDIO 2 |
| 15.00 - 15.55 | COUNTRY WALK | ♥♥♥ | OUTDOORS |
| 16.00 - 16.30 | LBT'S | ♥♥♥ | STUDIO 1 |
| 17.00 - 17.30 | AQUA | ♥♥♥ | POOL |
| 17.15 - 18.10 | HATHA YOGA (E) | ♥♥♥ | STUDIO 2 |
| 18.15 - 19.00 | CIRCUITS | ♥♥♥ | STUDIO 1 |
| 19.00 - 19.45 | 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 |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 10.00 - 10.45 | DANCE FIT | ♥♥♥ | STUDIO 1 |
| 11.00 - 11.55 | HATHA 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 |
| 16.00 - 16.30 | PHUSION | ♥♥♥♥ | 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 - 11.45 | FITNESS PILATES | ♥♥♥ | STUDIO 2 |
| 12.00 - 12.30 | FITBALL | ♥♥♥ | STUDIO 1 |
| 14.00 - 14.55 | COUNTRY WALK | ♥♥♥ | OUTDOORS |
| 15.00 - 15.30 | LBT'S | ♥♥♥ | STUDIO 1 |
| 16.00 - 16.30 | BODY STRETCH | ♥♥ | STUDIO 2 |
| 17.00 - 17.30 | AQUA | ♥♥♥ | POOL |
| 18.15 - 19.00 | BODYSULPT | ♥♥♥ | STUDIO 1 |
| 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 |
| 9.00 - 9.30 | CHAMP RIDE 30 | ♥♥♥♥♥ | STUDIO 1 |
| 10.00 - 10.45 | TRADITIONAL MAT PILATES | ♥♥♥ | STUDIO 2 |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | DANCE FIT | ♥♥♥ | STUDIO 1 |
| 12.00 - 12.45 | PICKLEBALL | ♥♥♥ | STUDIO 1 |
| 14.00 - 14.30 | POWER WALK | ♥♥♥ | OUTDOORS |
| 15.00 - 15.30 | FITNESS FUSION | ♥♥♥ | STUDIO 1 |
| 16.00 - 16.30 | BODY STRETCH | ♥♥ | STUDIO 2 |
| 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 - 10.55 | HATHA YOGA (E) | ♥♥♥ | STUDIO 2 |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 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 | PHUSION | ♥♥♥♥ | STUDIO 1 |
| 16.00 - 16.30 | BODY STRETCH | ♥♥ | STUDIO 2 |
| 17.00 - 17.30 | AQUA | ♥♥♥ | POOL |
| 18.15 - 18.45 | LBT'S | ♥♥♥ | STUDIO 1 |

| MASTERCLASS | | |
|-------------|-----------------|---------------|
| DATE | CLASS | PRESENTER |
| 07.05.22 | NIA | JANE FRANCIS |
| 07.05.22 | YOGA FLOW | JANE FRANCIS |
| 08.05.22 | YOGA FLOW | JANE FRANCIS |
| 08.05.22 | NIA | JANE FRANCIS |
| 14.05.22 | BODY BLITZ | EUGENE KIRBY |
| 14.05.22 | CHAMP RIDE | EUGENE KIRBY |
| 15.05.22 | HIIT | EUGENE KIRBY |
| 15.05.22 | CHAMP RIDE | EUGENE KIRBY |
| 21.05.22 | BODY BLITZ | TONY EPPS |
| 21.05.22 | CHAMP RIDE | TONY EPPS |
| 22.05.22 | HIIT | TONY EPPS |
| 22.05.22 | FITNESS PILATES | TONY EPPS |
| 28.05.22 | BODY BLITZ | DEBBIE LENNON |
| 28.05.22 | CHAMP RIDE | DEBBIE LENNON |
| 28.05.22 | FITNESS FUSION | DEBBIE LENNON |
| 29.05.22 | HIIT | DEBBIE LENNON |

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.