

CHAMPNEYS FOREST MERE ACTIVITY SCHEDULE MAY 2022

MONDAY			
TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:45	BODYSULPT	♥♥♥♥	STUDIO 2
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:30 - 10:25	SEASONAL FLOW YOGA E	♥♥♥♥	STUDIO 1
10:00 - 10:30	CIRCUITS	♥♥♥♥	STUDIO 2
11:00 - 11:45	FITNESS PILATES	♥♥	STUDIO 1
12:00 - 12:55	RESTORATIVE YOGA E	♥♥	STUDIO 1
13:00 - 13:45	BOXERCISE	♥♥♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥♥♥	F & W DESK
15:00 - 15:45	STRETCH & FLOW	♥♥♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥♥	POOL
17:00 - 17:55	SEASONAL YOGA E	♥♥♥♥	STUDIO 1
18:00 - 18:45	ADVANCED FITNESS PILATES	♥♥♥♥	STUDIO 1
18:00 - 18:45	ZUMBA	♥♥♥♥	STUDIO 2
19:00 - 19:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00 - 19:45	TOTAL BARRE	♥♥♥♥	STUDIO 1

TUESDAY			
TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:30	LAKESIDE WALK	♥♥	F & W DESK
8:00 - 8:45	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO 2
9:00 - 9:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00 - 10:55	FLOW YOGA E	♥♥♥♥	STUDIO 1
12:00 - 12:55	MEDITATION E	♥	KNOWLEDGE POD
14:00 - 14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00 - 15:30	LONG HIKE	♥♥♥♥	F & W DESK
16:00 - 16:30	LINE DANCING	♥♥	STUDIO 2
17:00 - 17:45	STRETCH & RELAX	♥	STUDIO 1
18:00 - 18:30	AQUA FIT	♥♥♥♥	POOL
18:00 - 18:45	OUTDOOR CIRCUITS	♥♥♥♥	OUTDOOR / STUDIO 2
18:00 - 18:55	FLOW YOGA E	♥♥♥♥	STUDIO 1
19:00 - 19:30	HIIT	♥♥♥♥♥	STUDIO 2
19:00 - 19:45	DEEP STRETCH & TONE	♥♥♥♥	STUDIO 1

WEDNESDAY			
TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:45	STRETCH & FLOW	♥♥♥♥	STUDIO 1
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:00 - 9:55	VINYASA YOGA	♥♥♥♥	STUDIO 1
10:00 - 10:45	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO 2
10:00 - 10:45	WELLBEING / FITNESS TALK		KNOWLEDGE POD
11:00 - 11:55	SEASONAL YIN YOGA E	♥♥	STUDIO 2
13:00 - 13:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
14:00 - 14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00 - 15:30	BODY STRETCH	♥♥	STUDIO 1
17:00 - 17:55	FLOW YOGA E	♥♥♥♥	STUDIO 1
18:00 - 18:45	TAI CHI E	♥♥♥♥	STUDIO 1
18:00 - 18:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00 - 19:30	CORE FUSION	♥♥♥♥	STUDIO 2
19:00 - 19:55	KUNDALINI YOGA E	♥♥	STUDIO 1

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥♥	POOL
8:00-8:30	LAKESIDE WALK	♥♥♥♥	F & W DESK
8:00-8:45	BODYSULPT	♥♥♥♥	STUDIO 1
9:00-9:45	DANCE FUSION	♥♥♥♥	STUDIO 2
9:15-10:00	CHI BALL E	♥♥	STUDIO 1
10:00-10:45	CHAMP RIDE 45	♥♥♥♥	STUDIO 2
11:00-11:30	PELVIC FLOOR HEALTH E	♥♥♥♥	STUDIO 1
12:00-12:55	MEDITATION E	♥	KNOWLEDGE
14:00-14:55	COUNTRY HIKE	♥♥♥♥	F & W DESK
15:00-15:30	LINE DANCING	♥♥	STUDIO 2
16:00-16:30	AQUA FIT	♥♥♥♥	POOL
17:00-17:55	SEASONAL YOGA E	♥♥♥♥	STUDIO 1
18:00-18:45	OUTDOOR CIRCUITS	♥♥♥♥	OUTDOOR /
18:00-18:45	ADVANCED FITNESS PILATES	♥♥♥♥	STUDIO 1

FRIDAY			
TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥♥	POOL
8:00-8:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:00-9:30	BODYSULPT 30	♥♥♥♥	STUDIO 2
9:30-10:00	AQUA FIT	♥♥♥♥	POOL
10:00-10:55	HATHA YOGA E	♥♥♥♥	STUDIO 1
11:00-11:30	CORE FUSION	♥♥♥♥	STUDIO 1
12:15-12:45	HULA HOOP	♥♥	STUDIO 2
14:00-14:55	COUNTRY HIKE	♥♥♥♥	F & W DESK
15:00-15:30	BODY STRETCH	♥♥	STUDIO 1
16:00-16:30	AQUA FIT	♥♥♥♥	POOL
17:00-17:55	HATHA YOGA E	♥♥♥♥	STUDIO 1
17:00-17:45	AEROBICS	♥♥♥♥	STUDIO 2
18:00 - 18:45	DEEP STRETCH	♥♥♥♥	STUDIO 1

SATURDAY			
TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥♥	POOL
9:00 - 9:45	STRETCH & FLOW	♥♥♥♥	STUDIO 1
9:00-9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00-10:30	HIIT	♥♥♥♥♥	STUDIO 2
10:00-10:55	TAI CHI E	♥♥	STUDIO 1
11:00-11:45	MASTERCLASS	♥♥♥♥	STUDIO 2
12:00-12:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
14:00-14:45	THE DOG WALK	♥♥♥♥	F & W DESK
15:00-15:30	HULA HOOP	♥♥	STUDIO 2
15:00-15:45	OUTDOOR ACTIVE	♥♥♥♥	OUTDOOR
16:00-16:30	AQUA FIT	♥♥♥♥	POOL
17:00-17:45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
17:00 - 17:45	STRETCH AND RELAX	♥♥	STUDIO 1
18:00 - 18:45	REBOUNDING	♥♥♥♥	STUDIO 2

SUNDAY			
TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥♥	POOL
9:00-9:55	KUNDALINI YOGA E	♥♥♥♥	STUDIO 1
9:00-9:45	OUTDOOR ACTIVE	♥♥♥♥	OUTDOOR
10:00-10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
11:00-11:45	MASTERCLASS	♥♥♥♥	STUDIO 2
12:00-12:45	STRETCH & FLOW	♥♥♥♥	STUDIO 1
13:00-13:45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO 2
14:00-15:30	LONG HIKE	♥♥♥♥	F & W DESK
16:00-16:30	FOAM ROLLERS	♥♥	STUDIO 1
17:00-17:45	BOXERCISE	♥♥♥♥	STUDIO 2
18:00-18:55	RESTORATIVE YOGA E	♥	STUDIO 1

MASTERCLASS		
DATE	CLASS	PRESENTER
1ST MAY 11AM	ZUMBA	ALISHA PARMAR
1ST MAY 12PM	STRETCH & FLOW	ALISHA PARMAR
7TH MAY 9AM	CHAMP RIDE 45	NEIL SOLMON
7TH MAY 11AM	AEROBICS	NEIL SOLMON
8TH MAY 10AM	CHAMP RIDE 45	NEIL SOLMON
8TH MAY 11AM	FREESTYLE DANCE	NEIL SOLMON
14TH MAY 9AM	STRETCH & FLOW	BELINDA MITCHELL
14TH MAY 11AM	FLOW YOGA E	BELINDA MITCHELL
15TH MAY 11AM	YIN YOGA E	BELINDA MITCHELL
15TH MAY 12PM	STRETCH & FLOW	BELINDA MITCHELL
20TH MAY 9AM	STRETCH & TONE	JANE ALEXANDER
20TH MAY 11AM	ZUMBA	JANE ALEXANDER
21ST MAY 9AM	STRETCH & FLOW	JANE ALEXANDER
21ST MAY 11AM	GET UP AND DANCE!	JANE ALEXANDER
28TH MAY 9AM	STRETCH & FLOW	HOLLY DOUGLAS-HILEY
28TH MAY 9AM	BARRE CONCEPT	HOLLY DOUGLAS-HILEY
29TH MAY 11AM	ZUMBA	HOLLY DOUGLAS-HILEY
29TH MAY 1PM	LEGS, BUMS & TUMS	HOLLY DOUGLAS-HILEY

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 an £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.