

CHAMPNEYS FOREST MERE: ACTIVITY SCHEDULE JANUARY 2022

MONDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:30	HIIT	♥♥♥♥♥♥	STUDIO 2
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥♥	STUDIO 2
10:00 - 10:45	BODYSULPT	♥♥♥♥	STUDIO 2
11:00 - 11:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
13:00 - 13:45	BOXERCISE	♥♥♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥♥♥	F & W DESK
14:00 - 14:30	HULA HOOP	♥♥	STUDIO 2
14:30 - 15:15	TALK-FOOD & MOOD		KNOWLEDGE POD
15:00 - 15:45	STRETCH & FLOW	♥♥♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥♥	POOL
17:00 - 17:45	SEASONAL YOGA £	♥♥♥♥	STUDIO 1
18:00 - 18:45	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
20:30 - 21:30	TALK-NUTRITION & STRESS		KNOWLEDGE POD

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:55	MORNING WALK	♥♥♥♥	F & W DESK
9:00 - 9:45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO 2
9:00 - 9:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
10:00 - 10:45	FLOW YOGA £	♥♥♥♥	STUDIO 1
11:00 - 11:45	CHAMP RIDE 45	♥♥♥♥♥♥	STUDIO 2
12:00 - 12:55	MEDITATION £	♥	KNOWLEDGE POD
14:00 - 14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00 - 15:30	LONG HIKE	♥♥♥♥	F & W DESK
15:00 - 15:30	BODY STRETCH	♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥♥	POOL
17:00 - 17:45	STRETCH & RELAX	♥♥♥♥	STUDIO 1
18:00 - 18:30	AQUA FIT	♥♥♥♥	POOL
18:00 - 18:45	CIRCUITS	♥♥♥♥	STUDIO 2
18:00 - 18:45	FLOW YOGA £	♥♥♥♥	STUDIO 1
19:00 - 19:30	HIIT	♥♥♥♥♥♥	STUDIO 2

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
10:00 - 10:45	WELLBEING / FITNESS TALK		KNOWLEDGE POD
11:00 - 11:45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO 2
11:00 - 11:45	SEASONAL YIN YOGA £	♥♥♥♥	STUDIO 1
12:00 - 12:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
14:00 - 14:55	COUNTRY HIKE	♥♥♥♥	F & W DESK
15:00 - 15:45	CIRCUITS	♥♥♥♥	STUDIO 2
16:00 - 16:30	BODY STRETCH	♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥♥	POOL
17:00 - 17:45	FLOW YOGA £	♥♥♥♥	STUDIO 1
18:00 - 18:45	TAI CHI £	♥♥	STUDIO 1
18:00 - 18:45	CHAMP RIDE 45	♥♥♥♥♥♥	STUDIO 2
19:00 - 19:30	CORE FUSION	♥♥♥♥	STUDIO 2
19:00 - 19:45	KUNDALINI YOGA £	♥♥♥♥	STUDIO 1

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:30	LAKESIDE WALK	♥♥♥♥	F & W DESK
9:00 - 9:45	DANCE FUSION	♥♥♥♥	STUDIO 2
9:30 - 10:00	AQUA FIT	♥♥♥♥	POOL
9:15 - 10:00	CHI BALL £	♥♥♥♥	STUDIO 1
10:00 - 10:45	SEASONAL FLOW YOGA £	♥♥♥♥	STUDIO 1
10:15 - 11:00	CHAMP RIDE 45	♥♥♥♥♥♥	STUDIO 2
11:00 - 11:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
12:00 - 12:55	MEDITATION £	♥	KNOWLEDGE
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 - 17:30	BODY STRETCH	♥♥	STUDIO 1
18:00 - 18:45	SEASONAL YOGA £	♥♥♥♥	STUDIO 1
18:00 - 18:45	CIRCUITS	♥♥♥♥	STUDIO 2
19:00 - 19:45	FITNESS PILATES	♥♥♥♥	STUDIO 1

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:30	HIIT	♥♥♥♥♥♥	STUDIO 2
9:00 - 9:45	ZUMBA	♥♥♥♥	STUDIO 2
10:00 - 10:45	HATHA YOGA £	♥♥♥♥	STUDIO 1
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥♥♥	STUDIO 2
11:00 - 11:45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO 2
12:00 - 12:30	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 - 17:45	HATHA YOGA £	♥♥♥♥	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
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	STRETCH & FLOW	♥♥♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥♥	POOL
17:00 - 17:45	TOTAL BODY WORKOUT	♥♥♥♥♥♥	STUDIO 2
17:00 - 17:45	STRETCH & RELAX	♥♥	STUDIO 1
18:00 - 18:30	REBOUNDING	♥♥♥♥	STUDIO 2

SUNDAY

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

MASTERCLASS

DATE	CLASS	PRESENTER
8TH JANUARY	CHAMP RIDE 45	NEIL SOLMON
9TH JANUARY	LATIN DANCE	NEIL SOLMON
15TH JANUARY	ZUMBA TONE	TANUJA PARMAR
16TH JANUARY	BOLLY FIT	TANUJA PARMAR
22ND JANUARY	SEASONAL YOGA	BELINDA MITCHELL
23RD JANUARY	YOGA NIDRA	BELINDA MITCHELL
29TH JANUARY	FREESTYLE DANCE	JASON BURCH
30TH JANUARY	AEROBICS	JASON BURCH

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.