CHAMPNEYS
HEALTH SPA

CHAMPNEYS MOTTRAM HALL: JANUARY SCHEDULE 2022

MONDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	CHAMP RIDE 30	♥♥♥♥	CYCLE STUDIO
9.15 - 10.00	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO 1
10.30 -11.15	BODY PUMP	♥♥♥♥	STUDIO 1
11.30 - 12.30	BODY BALANCE	♥♥♥	STUDIO 1
12.30 - 13.15	VIRTUAL SH'BAM	♥♥♥♥	STUDIO 1
14.00 - 14.30	CHAMP STRENGTH	♥♥♥♥	GYM FLOOR
15.00 - 15.45	VIRTUAL BODY COMBAT	♥♥♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO 1
17.00 - 17.45	FITNESS PILATES	♥♥♥	STUDIO 1
18.00 - 18.45	BODY SCULPT	♥♥♥♥	STUDIO 1
19.00 - 20.00	MANDALA YOGA (£)	♥♥♥	STUDIO 1

TUESDAY

TIME	CLASS	INTENSITY	VENUE
08.00 - 08.30	CHAMP CORE	♥♥♥♥	GYM FLOOR
9.15 - 10.00	BODY SCULPT	♥♥♥♥	STUDIO 1
10-30 - 11.15	VIRTUAL BODY COMBAT	♥♥♥♥♥	STUDIO 1
11.30 - 12.30	VINYASA YOGA (£)	♥♥♥	STUDIO 1
12.30 - 13.00	AQUA	♥♥♥	POOL
14.00 - 14.30	CHAMP SWEAT	♥♥♥♥♥	GYM FLOOR
15.00 - 15.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO 1
17.00 - 17.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO 1
18.15 - 19.00	BODY PUMP	♥♥♥♥	STUDIO 1
19.15 - 20.15	BODY BALANCE	♥♥♥	STUDIO 1

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	CHAMP STRENGTH	♥♥♥♥	GYM FLOOR
9.15 - 10.15	BODY BALANCE	♥♥♥	STUDIO 1
10.30 - 11.15	BODY SCULPT	♥♥♥♥	STUDIO 1
11.30 - 12.00	HIIT	♥♥♥♥♥	STUDIO 1
12.15 - 13.00	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.30	CHAMP CORE	♥♥♥♥	GYM FLOOR
15.00 - 15.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL BODY COMBAT	♥♥♥♥♥	STUDIO 1
17.00 - 17.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO 1
18.15 - 19.00	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO 1
19.15 - 20.00	FITNESS PILATES	♥♥♥	STUDIO 1

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	CHAMP SWEAT	♥♥♥♥♥	GYM FLOOR
9.15 - 10.00	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
10.30 - 11.15	BODY PUMP	♥♥♥♥	STUDIO 1
11.30 - 12.30	BODY BALANCE	♥♥♥	STUDIO 1
12.30 - 13.00	AQUA	♥♥♥	POOL
14.00 - 14.30	CHAMP STRENGTH	♥♥♥♥	GYM FLOOR
15.00 - 15.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO 1
17.00 - 17.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO 1
18.00- 19.00	RESTORATIVE YOGA (£)	♥♥♥	STUDIO 1
19.15 - 19.45	CHAMP SWEAT	♥♥♥♥♥	GYM FLOOR

FRIDAY

TIME	CLASS	INTENSITY	STUDIO 1
08.00 - 08.30	CHAMP CORE	♥♥♥	GYM FLOOR
9.15 - 10.00	CHAMP RIDE 45	♥♥♥♥♥	CYCLE STUDIO
10.30 - 11.15	BODY SCULPT	♥♥♥♥	STUDIO 1
11.30 - 12.30	VINYASA YOGA (£)	♥♥♥	STUDIO 1
12.30 - 13.15	VIRTUAL BODY BALANCE	♥♥♥	STUDIO 1
14.00 - 14.30	CHAMP SWEAT	♥♥♥♥♥	GYM FLOOR
15.00 - 15.45	VIRTUAL BODY COMBAT	♥♥♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO 1
17.00 - 17.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO 1
18.15 - 18.45	CHAMP STRENGTH	♥♥♥♥	GYM FLOOR
19.00 - 19.30	STRETCH & RELAX	♥♥	STUDIO 1

SATURDAY

TIME	CLASS	INTENSITY	STUDIO 1
8.00 - 8.30	CHAMP SWEAT	♥♥♥♥♥	GYM FLOOR
9.15 - 10.00	CHAMP RIDE 45	♥♥♥♥♥	CYCLE STUDIO
10.30 - 11.15	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO 1
11.30 - 12.00	HIIT	♥♥♥♥♥	STUDIO 1
12.30 - 13.00	STRETCH & RELAX	♥♥	STUDIO 1
14.00 - 14.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO 1
15.00 - 15.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL BODY COMBAT	♥♥♥♥♥	STUDIO 1
17.00 - 17.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO 1
18.15 - 19.00	VIRTUAL BODY BARRE	♥♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	STUDIO 1
9.00 - 10.00	YOGA FOR DETOX (£)	♥♥♥	STUDIO 1
10.30 - 11.00	KETTLEBELLS	♥♥♥♥	STUDIO 1
11.30 - 12.15	CHAMP RIDE 45	♥♥♥♥♥	CYCLE STUDIO
12.30 - 13.00	STRETCH & RELAX	♥♥	STUDIO 1
13.15 - 14.00	COUNTRY WALK - DOG FIRENDLY	♥♥♥	OUTDOORS
14.00 - 14.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO 1
15.00 - 15.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO 1
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO 1
17.00 - 17.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO 1
18.15 - 19.00	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO 1

MASTERCLASS

DATE	CLASS	PRESENTER

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 achive 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.