

CHAMPNEYS FOREST MERE: ACTIVITY SCHEDULE AUGUST 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
9:00 - 9:55	SEASONAL FLOW YOGA E	♥♥♥♥	STUDIO 1
10:00 - 10:30	CIRCUITS	♥♥♥♥	STUDIO 2
11:00 - 11:45	FITNESS PILATES	♥♥	STUDIO 1
13:00 - 13:45	BOXERCISE	♥♥♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥	F 6W 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 6W 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
10:30 - 11:25	FLOW YOGA E	♥♥♥♥	STUDIO 1
12:00 - 12:55	MEDITATION E	♥	KNOWLEDGE POD
14:00 - 14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00 - 14:45	COUNTRY HIKE	♥♥	F 6W DESK
15:00 - 15:45	PICKLEBALL	♥♥	F 6W DESK
16:30 - 17:00	BODY STRETCH	♥	STUDIO 1
17:30 - 18:00	AQUA FIT	♥♥♥♥	POOL
18:15 - 19:00	OUTDOOR CIRCUITS	♥♥♥♥	OUTDOOR / STUDIO 2
18:00 - 18:55	FLOW YOGA E	♥♥♥♥	STUDIO 1

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥♥	POOL
8:00 - 8:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
9:00 - 9:55	FLOW YOGA E	♥♥♥♥	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	BARRE FUSION	♥♥♥♥	STUDIO 1
14:00 - 14:30	HULA HOOP	♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥	F 6W 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 6W 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	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO 2
12:00-12:55	MEDITATION E	♥	KNOWLEDGE
14:00-14:55	COUNTRY HIKE	♥♥	F 6W 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	ADVANCED FITNESS PILATES	♥♥♥♥	STUDIO 1
19:00 - 19:45	OUTDOOR CIRCUITS	♥♥♥♥	OUTDOOR /

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥♥	POOL
8:00-8:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:00-9:45	BODYSULPT	♥♥♥♥	STUDIO 2
9:30-10:00	AQUA FIT	♥♥♥♥	POOL
10:00-10:55	HATHA YOGA E	♥♥♥♥	STUDIO 1
11:00-11:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
14:00-14:55	COUNTRY HIKE	♥♥	F 6W DESK
15:00-15:45	DEEP STRETCH	♥♥	STUDIO 1
16:00-16:55	TAI CHI E	♥♥	STUDIO 1
17:00-17:45	CHAMP RIDE 45	♥♥♥♥	STUDIO 2
17:00-17:55	HATHA YOGA E	♥♥♥♥	STUDIO 1
17:30-18:00	AQUA FIT	♥♥♥♥	POOL
18:00 - 18:45	DEEP STRETCH	♥♥	STUDIO 1

SATURDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥♥	POOL
9:00-9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00-10:30	HIIT	♥♥♥♥♥	STUDIO 2
11:00-11:30	GYM INTRO	♥	GYM
11:00-11:45	MASTERCLASS	♥♥♥♥	STUDIO 2
12:00-12:45	FITNESS PILATES	♥♥♥♥	STUDIO 1
14:00-14:45	THE DOG WALK	♥♥	F 6W DESK
15:00-15:45	OUTDOOR ACTIVE	♥♥♥♥	OUTDOOR
16:00-16:30	AQUA FIT	♥♥♥♥	POOL
17:00-17:45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
18:00 - 18:45	STRETCH AND RELAX	♥♥	STUDIO 1

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
10:00-10:55	KUNDADANCE E	♥♥♥♥	STUDIO 1
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 6W 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
6TH AUGUST 9AM	CHAMP RIDE 45	NEIL SOLMON
6TH AUGUST 11AM	AEROBICS	NEIL SOLMON
7TH AUGUST 10AM	CHAMP RIDE 45	NEIL SOLMON
7TH AUGUST 11AM	FREESTYLE DANCE	NEIL SOLMON
13TH AUGUST 11AM	ZUMBA	JANE ALEXANDER
13TH AUGUST 12PM	FITNESS PILATES	JANE ALEXANDER
14TH AUGUST 11AM	GET UP AND DANCE!	JANE ALEXANDER
14TH AUGUST 12AM	STRETCH & FLOW	JANE ALEXANDER
20TH AUGUST 11AM	DANCE FUSION	ALISHA PARMAR
20TH AUGUST 12PM	PILATES	ALISHA PARMAR
21ST AUGUST 11AM	ZUMBA	ALISHA PARMAR
21ST AUGUST 12PM	STRETCH & FLOW	ALISHA PARMAR
27TH AUGUST 9AM	CHAMP RIDE 45	JASON BURCH
27TH AUGUST 11AM	DANCE FUSION	JASON BURCH
28TH AUGUST 10AM	CHAMP RIDE 45	JASON BURCH
28TH AUGUST 11AM	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 £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.