

CHAMPNEYS HENLOW: ACTIVITY SCHEDULE OCTOBER 2021

MONDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|------------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | POWER WALK | ♥♥♥ | FITNESS DESK |
| 09.00 - 09.30 | CHAMP RIDE 30 | ♥♥♥♥♥ | SPIN STUDIO |
| 10.00 - 10.30 | BODY STRETCH | ♥♥ | STUDIO |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | HATHA YOGA £ | ♥♥♥ | STUDIO |
| 12.00 - 12.30 | FOAM ROLLING | ♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY WALK | ♥♥ | FITNESS DESK |
| 14.00 - 14.30 | BODYSULPT | ♥♥♥ | STUDIO |
| 15.00 - 15.45 | LEGS,BUMS & TUMS | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | AQUA | ♥♥♥ | POOL |
| 17.15 - 17.45 | BODY STRETCH | ♥♥ | STUDIO |
| 18.15 - 19.00 | VINYASA YOGA £ | ♥♥♥ | STUDIO |
| 19.15 - 20.00 | CHAMP RIDE 45 | ♥♥♥♥♥ | SPIN STUDIO |

FRIDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|--------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | POWER WALK | ♥♥♥ | FITNESS DESK |
| 09.00 - 09.45 | ZUMBA | ♥♥♥♥♥ | STUDIO |
| 10.00 - 10.45 | HATHA YOGA £ | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.30 | BODY STRETCH | ♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY WALK | ♥♥ | FITNESS DESK |
| 15.00 - 15.30 | FOAM ROLLING | ♥♥ | STUDIO |
| 16.00 - 16.30 | AQUA | ♥♥♥ | POOL |
| 17.30 - 18.15 | BARRE FUSION | ♥♥♥ | STUDIO |
| 18.00 - 18.30 | URBAN HIIT | ♥♥♥♥♥ | URBAN GYM |
| 18.30 - 19.15 | BARRE FUSION | ♥♥♥ | STUDIO |
| 19.30 - 20.15 | YIN YOGA £ | ♥♥♥ | STUDIO |

TUESDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-----------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.00 - 08.45 | SWIM CLUB £8 | ♥♥♥ | POOL |
| 08.00 - 08.45 | CHAMP BALLET | ♥♥♥ | STUDIO |
| 09.00 - 09.30 | URBAN HIIT | ♥♥♥♥♥ | URBAN GYM |
| 10.00 - 10.45 | DANCE | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | VINYASA YOGA £ | ♥♥♥ | STUDIO |
| 14.00 - 14.30 | HULA HOOP | ♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY WALK | ♥♥ | FITNESS DESK |
| 15.00 - 15.45 | FITNESS PILATES | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | AQUA | ♥♥♥ | POOL |
| 17.15 - 17.45 | CHAMP RIDE 30 | ♥♥♥♥♥ | SPIN STUDIO |
| 18.00 - 18.45 | BODYSULPT | ♥♥♥ | STUDIO |
| 18.30 - 19.00 | AQUA | ♥♥♥ | POOL |
| 19.00 - 19.45 | CORE PILATES | ♥♥♥ | STUDIO |

SATURDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-----------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.00 - 08.45 | CORE FUSION | ♥♥♥ | STUDIO |
| 09.00 - 09.30 | POWER WALK | ♥♥♥ | FITNESS DESK |
| 10.00 - 10.45 | ZUMBA/SCULPT | ♥♥♥♥♥ | STUDIO |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.30 | URBAN HIIT | ♥♥♥♥♥ | URBAN GYM |
| 14.00 - 14.45 | COUNTRY WALK | ♥♥ | FITNESS DESK |
| 14.00 - 14.30 | HULA HOOP | ♥♥♥ | STUDIO |
| 15.00 - 15.30 | EXPRESS LBT | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | AQUA | ♥♥♥ | POOL |
| 17.15 - 18.00 | STRETCH & RELAX | ♥♥ | STUDIO |

WEDNESDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|------------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.00 - 08.45 | FITNESS PILATES | ♥♥♥ | STUDIO |
| 09.00 - 09.45 | LEGS,BUMS & TUMS | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | URBAN POWER | ♥♥♥♥♥ | URBAN GYM |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | VINYASA YOGA £ | ♥♥♥ | STUDIO |
| 11.00 - 11.45 | CHAMP BOX | ♥♥♥♥♥ | URBAN GYM |
| 14.00 - 14.45 | COUNTRY WALK | ♥♥ | FITNESS DESK |
| 14.00 - 14.45 | BODYSULPT | ♥♥♥ | STUDIO |
| 15.00 - 15.30 | FOAM ROLLING | ♥♥ | STUDIO |
| 16.00 - 16.30 | AQUA | ♥♥♥ | POOL |
| 17.15 - 17.45 | LEGS,BUMS & TUMS | ♥♥♥ | STUDIO |
| 18.30 - 19.00 | AQUA | ♥♥♥ | POOL |
| 19.15 - 20.00 | CHAMP RIDE 45 | ♥♥♥♥♥ | SPIN STUDIO |

SUNDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|------------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | POWER WALK | ♥♥♥ | FITNESS DESK |
| 09.00 - 09.45 | HATHA YOGA £ | ♥♥♥ | STUDIO |
| 10.00 - 10.45 | HATHA YOGA £ | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | URBAN POWER | ♥♥♥♥♥ | URBAN GYM |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | CORE FUSION | ♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY WALK* | ♥♥ | FITNESS DESK |
| 14.00 - 14.45 | LEGS,BUMS & TUMS | ♥♥♥ | STUDIO |
| 15.00 - 15.30 | HULA HOOP | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | CHAMP RIDE 30 | ♥♥♥ | STUDIO |
| 17.15 - 18.00 | STRETCH & RELAX | ♥♥ | STUDIO |

*EVERY SUNDAY IS A DOG FRIENDLY WALK

THURSDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-----------------|-----------|--------------|
| 07.00 - 07.30 | AQUA | ♥♥♥ | POOL |
| 08.00 - 08.45 | SWIM CLUB £8 | ♥♥♥ | POOL |
| 09.00 - 09.45 | CORE FUSION | ♥♥♥ | STUDIO |
| 10.00 - 10.45 | CHAMP BALLET | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | CHAMP RIDE 45 | ♥♥♥♥♥ | SPIN STUDIO |
| 14.00 - 14.45 | COUNTRY WALK | ♥♥ | FITNESS DESK |
| 15.00 - 15.30 | HULA HOOP | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | BODYSULPT | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | AQUA | ♥♥♥ | POOL |
| 17.15 - 18.00 | ZUMBA | ♥♥♥♥♥ | STUDIO |
| 18.00 - 18.30 | FOAM ROLLING | ♥♥ | STUDIO |
| 18.00 - 18.30 | CHAMP RIDE 30 | ♥♥♥♥♥ | SPIN STUDIO |
| 19.00 - 19.45 | CHAMP BOX | ♥♥♥♥♥ | URBAN GYM |
| 19.15 - 20.00 | FITNESS PILATES | ♥♥♥ | STUDIO |

MASTERCLASS

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.

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.