

## CHAMPNEYS HENLOW: ACTIVITY SCHEDULE AUGUST 2022

### MONDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.30 - 09.00	POWER WALK	♥♥♥	FITNESS DESK
09.00 - 09.45	FITNESS PILATES	♥♥♥	STUDIO
09.15 - 09.45	CHAMP RIDE 30	♥♥♥	SPIN STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.55	HATHA YOGA £	♥♥	STUDIO
11.00 - 11.30	URBAN POWER	♥♥♥♥	URBAN GYM
12.00-12.30	EXPRESS LBT	♥♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	PICKLEBALL	♥♥♥	FITNESS DESK
15.00 - 15.30	BODY SCULPT	♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥	POOL
17.15 - 17.45	URBAN HIIT	♥♥♥♥	URBAN GYM
18.00 - 18.30	AQUA	♥♥♥	POOL
18.00 - 18.55	VINYASA FLOW YOGA £	♥♥♥	STUDIO
19.00 - 19.45	ZUMBA	♥♥♥	STUDIO

### FRIDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WORKOUT	♥♥♥	STUDIO
09.00 - 09.45	FITNESS PILATES	♥♥♥	STUDIO
10.00 - 10.55	HATHA YOGA £	♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.45	STRETCH & RELAX	♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	PICKLEBALL	♥♥♥	FITNESS DESK
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 - 20.25	YIN YOGA £	♥♥♥	STUDIO

### TUESDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
09.00 - 09.45	BARRE FUSION	♥♥♥	STUDIO
09.00 - 09.30	URBAN HIIT	♥♥♥♥	URBAN GYM
10.00 - 10.45	FITSTEPS	♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.55	VINYASA YOGA £	♥♥♥	STUDIO
11.00 - 11.45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
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	BODY STRETCH	♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥	POOL
17.15 - 17.45	URBAN POWER	♥♥♥♥	URBAN GYM
18.00 - 18.45	BODYSULPT	♥♥♥	STUDIO
19.00 - 19.45	CORE FUSION	♥♥♥	STUDIO

### SATURDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WORKOUT	♥♥♥	STUDIO
09.00 - 09.45	BODY SCULPT	♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
10.00 - 10.30	URBAN POWER	♥♥♥♥	URBAN GYM
10.00 - 10.45	ZUMBA	♥♥♥♥	STUDIO
11.00 - 11.45	LINE DANCING	♥♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.30	HULA HOOP	♥♥	STUDIO
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
15.00 - 15.30	EXPRESS LBT	♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥	POOL
17.15 - 18.00	BODY SCULPT	♥♥♥	STUDIO
18.15 - 19.00	STRETCH & RELAX	♥♥	STUDIO

### WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.00 - 08.45	FITNESS PILATES	♥♥♥	STUDIO
08.00 - 08.30	URBAN HIIT	♥♥♥♥	URBAN GYM
09.00 - 09.30	CHAMP RIDE 30	♥♥♥	SPIN STUDIO
10.00 - 10.30	URBAN POWER	♥♥♥♥	URBAN GYM
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.55	VINYASA YOGA £	♥♥♥	STUDIO
12.00 - 12.45	LINE DANCING	♥♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	PICKLEBALL	♥♥♥	FITNESS DESK
15.00 - 15.30	FOAM ROLLING	♥♥	STUDIO
16.30 - 17.00	BODY STRETCH	♥♥	STUDIO
17.15 - 17.45	EXPRESS LBT	♥♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥	POOL
19.15 - 20.00	CHAMP RIDE 45	♥♥♥	SPIN STUDIO

### SUNDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WORKOUT	♥♥♥	STUDIO
09.00 - 09.55	HATHA YOGA £	♥♥	STUDIO
10.00 - 10.55	HATHA YOGA £	♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.30	FITNESS FUSION	♥♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK*	♥♥	FITNESS DESK
14.00 - 14.45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
15.00 - 15.30	EXPRESS LBT	♥♥♥	STUDIO
16.30 - 17.00	CHAMP RIDE 30	♥♥♥	SPIN STUDIO
17.00 - 17.45	STRETCH & RELAX	♥♥	STUDIO

\*EVERY SUNDAY IS A DOG FRIENDLY WALK

### THURSDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
09.00 - 09.45	CORE FUSION	♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.30	URBAN HIIT	♥♥♥♥	URBAN GYM
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
15.00 - 15.30	HULA HOOP	♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥	POOL
17.00 - 17.45	DANCE	♥♥♥	STUDIO
18.00 - 18.45	CHAMP RIDE 45	♥♥♥	SPIN STUDIO
18.15 - 18.45	URBAN HIIT	♥♥♥♥	URBAN GYM
18.15 - 19.00	FITSTEPS	♥♥♥	STUDIO
19.00 - 19.45	CHAMP BOX	♥♥♥♥	URBAN GYM
19.15 - 20.00	FITNESS PILATES	♥♥♥	STUDIO

### MASTERCLASS

Date	Class	Presenter
6th August 9am	Body Blast	Lorraine Wilson
6th August 3pm	Express LBT	Lorraine Wilson
7th August 11am	Zumba	Lorraine Wilson
7th August 3pm	Express LBT	Lorraine Wilson
13th August 8am	Pilates	Niki Shokar
13th August 11am	Barre Fusion	Niki Shokar
14th August 8am	Pilates	Niki Shokar
14th August 11am	Barre Fusion	Niki Shokar
20th August 12pm	Intro to Energy Healing £	Shola Arewa
20th August 4pm	Meditation £	Shola Arewa
21st August 12pm	Meditation £	Shola Arewa
21st August 2pm	Getting started with Crystals £	Shola Arewa
27th August 11am	Salsa	Nicola Richmond
27th August 12pm	Intro into Energy Healing £	Shola Arewa
27th August 4pm	Meditation £	Shola Arewa
27th August 4pm	Aqua Zumba	Nicola Richmond
28th August 11am	Zumba	Nicola Richmond
28th August 12pm	Meditation £	Shola Arewa
28th August 2pm	Getting started with Crystals £	Shola Arewa
28th August 3pm	Pilates	Nicola Richmond

**PLEASE NOTE:** CLASSES AND MASTERCLASSES MAY BE SUBJECT TO CHANGE, ESPECIALLY OVER BANK HOLIDAYS.

## 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.