

CHAMPNEYS FOREST MERE: ACTIVITY SCHEDULE OCTOBER - NOVEMBER 2021

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
12:00-12:45	FIGHTING FIT CIRCUITS	♥♥♥♥	STUDIO 2
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
14:30-15:15	TALK-ALLERGIES & INTOLERANCES		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-LISTEN TO YOUR GUT		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 £	♥	STUDIO 1
14:00-14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00-15:30	LONG HIKE	♥♥♥	F & W DESK
15:00-15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	STRETCH & RELAX	♥♥	STUDIO 1
18:00 - 18:45	CIRCUITS	♥♥♥♥	STUDIO 2
18:00-18:45	FLOW YOGA £	♥♥♥	STUDIO 1
18:30-19:00	AQUA FIT	♥♥♥	POOL
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	SEASONAL YIN YOGA £	♥♥♥	STUDIO 1
11:00-11:45	LEGS,BUMS & TUMS	♥♥♥	STUDIO 2
11:00-11:45	YOGA NIDRA £	♥	STUDIO 1
11:15 - 12:00	TALK-WEIGHT MANAGEMENT		KNOWLEDGE POD
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	BODYSULPT	♥♥♥	STUDIO 2
9:15 - 10:00	CHI BALL	♥♥♥	STUDIO 1
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
11:00-11:45	FITNESS PILATES	♥♥♥	STUDIO 1
12:00-12:55	MEDITATION £	♥	STUDIO 1
12:00-12:30	HULA HOOP	♥♥	STUDIO 2
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	TOTAL BODY WORKOUT	♥♥♥	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
18:30-19:00	AQUA FIT	♥♥♥	POOL

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
15:00-15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
16:00-16:30	HULA HOOP	♥♥	STUDIO 2
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	FOAM ROLLERS	♥♥	STUDIO 1

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
11:00-11:30	HULA HOOP	♥♥	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	STRETCH & RELAX	♥♥♥	STUDIO 1

MASTERCLASS		
DATE	CLASS	PRESENTER
2ND OCTOBER	AEROBICS	NEIL SOLMON
3RD OCTOBER	LATIN DANCE	NEIL SOLMON
9TH OCTOBER	ZUMBA TONE	TANUJA PARMER
10TH OCTOBER	BOLLY FIT	TANUJA PARMER
18TH OCTOBER	SEASONAL YOGA	BELINDA MITCHELL
17TH OCTOBER	YOGA NIDRA	BELINDA MITCHELL
23RD OCTOBER	FREESTYLE DANCE	JASON BURCH
24TH OCTOBER	AEROBICS	JASON BURCH
30TH OCTOBER	LEGS,BUMS & TUMS	HANNAH MURPHY
31ST OCTOBER	BOLLYWOOD DANCE	HANNAH MURPHY
6TH NOVEMBER	AEROBICS	NEIL SOLMON
7TH NOVEMBER	LATIN DANCE	NEIL SOLMON
13TH NOVEMBER	BOLLY FIT	TANUJA PARMER
14TH NOVEMBER	ZUMBA TONE	TANUJA PARMER
20TH NOVEMBER	FREESTYLE DANCE	JASON BURCH
21ST NOVEMBER	AEROBICS	JASON BURCH
27TH NOVEMBER	ZUMBA	CATHY ROGERS
28TH NOVEMBER	TOTAL BARRE	CATHY ROGERS

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.