

CHAMPNEYS TRING: ACTIVITY SCHEDULE JANUARY 2022

MONDAY			
TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	44	FITNESS DESK
9.00 - 9.45	YOGA (£6)	444	STUDIO 1
9.00 - 9.45	CHAMP RIDE 45	4444	CYCLE STUDIO
10.00 - 10.45	BODY SCULPT	4444	STUDIO 1
10.30 - 11.00	AQUA FIT	444	POOL
10.45 - 11.30	FITNESS PILATES	444	STUDIO 1
11.30 - 12.15	ZUMBA	444	STUDIO 1
2.00 - 2.55	COUNTRY WALK	**	FITNESS DESK
3.00 - 3.45	FITNESS PILATES	***	STUDIO 1
3.00 - 3.30	FOAM ROLLING	**	MIND AND BODY
3.45 - 4.15	LEGS, BUMS AND TUMS	4444	STUDIO 1
4.30 - 5.00	REBOUNDING	4444	STUDIO 1
4.30 - 5.00	AQUA FIT	444	POOL
5.00 - 5.30	KETTLEBELL WORKOUT	4444	STUDIO 1
6.00 - 6.45	VINYASA YOGA (£6)	444	STUDIO 1
6.30 - 7.00	AQUA FIT	444	POOL
7.00 - 7.45	CHAMP RIDE 45	4444	CYCLE STUDIO
7.00 - 7.45	BODY SCULPT	4444	STUDIO 1

9.00 - 9.30 HIIT URBAN GYM 9.00 - 9.45 FITSTEPS VVV STUDIO1 10.00 - 10.45 CHAMP RIDE 45 VVV STUDIO1 10.00 - 10.45 BODY SCULPT VVV STUDIO1 10.30 - 11.00 AQUA FIT POOL 11.00 - 11.45 BODY SCULPT VVV STUDIO1 11.15 - 12.00 YIN YOGA (£6) TBC 2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS VSTUDIO1 4.00 - 4.30 CORE BALANCE STUDIO1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT VVV STUDIO1 6.00 - 6.45 FITNESS PILATES STUDIO1	TUESDAY			
9.00 - 9.30 HIIT URBAN GYM 9.00 - 9.45 FITSTEPS VVV STUDIO 1 10.00 - 10.45 CHAMP RIDE 45 VVV STUDIO 1 10.00 - 10.45 BODY SCULPT VVV STUDIO 1 10.30 - 11.00 AQUA FIT POOL 11.00 - 11.45 BODY SCULPT VVV STUDIO 1 11.15 - 12.00 YIN YOGA (£6) TBC 2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX WIND AND BOD 3.00 - 3.45 DANCE FITNESS STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT VVV STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	TIME	CLASS	INTENSITY	VENUE
9.00 - 9.45 FITSTEPS STUDIO 1 10.00 - 10.45 CHAMP RIDE 45 CYCLE STUDIO 1 10.00 - 10.45 BODY SCULPT WWW STUDIO 1 11.00 - 11.00 AQUA FIT POOL 11.00 - 11.45 BODY SCULPT WWW STUDIO 1 11.15 - 12.00 YIN YOGA (£6) TBC 2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS WWW STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 BODY SCULPT WWW STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	8.00 - 8.45	MORNING WALK	**	FITNESS DESK
10.00 - 10.45 CHAMP RIDE 45 CYCLE STUDIO 1 10.00 - 10.45 BODY SCULPT STUDIO 1 10.30 - 11.00 AQUA FIT POOL 11.00 - 11.45 BODY SCULPT STUDIO 1 12.00 YIN YOGA (£6) FITRES DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	9.00 - 9.30	HIIT	44444	URBAN GYM
10.00 - 10.45 BODY SCULPT POOL 10.30 - 11.00 AQUA FIT POOL 11.00 - 11.45 BODY SCULPT POOL 11.10 - 11.45 BODY SCULPT POOL 11.15 - 12.00 YIN YOGA (E6) POOL 11.15 - 12.00 YIN YOGA (E6) POOL 10.00 - 2.45 COUNTRY WALK PITNESS DESK 3.00 - 3.30 STRETCH AND RELAX POOL 10.00 - 3.45 DANCE FITNESS POOL 10.00 - 4.30 CORE BALANCE STUDIO 1 10.00 - 5.40 HATHA YOGA (E6) POOL 10.00 - 5.45 BODY SCULPT POOL 10.00 - 6.45 FITNESS PILATES STUDIO 1 10.00 - 10.45 POOL 1	9.00 - 9.45	FITSTEPS	4444	STUDIO 1
10.30 - 11.00 AQUA FIT POOL 11.00 - 11.45 BODY SCULPT STUDIO 1 11.15 - 12.00 YIN YOGA (£6) FITE 2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) FITE 5.00 - 5.45 BODY SCULPT FITNESS PILATES STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	10.00 - 10.45	CHAMP RIDE 45	4444	CYCLE STUDIO
11.00 - 11.45 BODY SCULPT STUDIO 1 11.15 - 12.00 YIN YOGA (£6) TBC 2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT TO STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	10.00 - 10.45	BODY SCULPT	****	STUDIO 1
11.15 - 12.00 YIN YOGA (£6) TBC 2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	10.30 - 11.00	AQUA FIT	444	POOL
2.00 - 2.45 COUNTRY WALK FITNESS DESK 3.00 - 3.30 STRETCH AND RELAX MIND AND BOD 3.00 - 3.45 DANCE FITNESS STUDIO 1 4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	11.00 - 11.45	BODY SCULPT	4444	STUDIO 1
3.00 - 3.30 STRETCH AND RELAX	11.15 - 12.00	YIN YOGA (£6)	444	TBC
3.00 - 3.45 DANCE FITNESS ▼▼▼ STUDIO1 4.00 - 4.30 CORE BALANCE ▼▼▼ STUDIO1 4.30 - 5.00 AQUA FIT ▼▼▼ POOL 5.00 - 5.45 HATHA YOGA (£6) ▼▼▼ TBC 5.00 - 5.45 BODY SCULPT ▼▼▼▼ STUDIO1 6.00 - 6.45 FITNESS PILATES ▼▼▼ STUDIO1	2.00 - 2.45	COUNTRY WALK	444	FITNESS DESK
4.00 - 4.30 CORE BALANCE STUDIO 1 4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	3.00 - 3.30	STRETCH AND RELAX	444	MIND AND BODY
4.30 - 5.00 AQUA FIT POOL 5.00 - 5.45 HATHA YOGA (£6) TBC 5.00 - 5.45 BODY SCULPT STUDIO 1 6.00 - 6.45 FITNESS PILATES STUDIO 1	3.00 - 3.45	DANCE FITNESS	444	STUDIO 1
5.00 - 5.45 HATHA YOGA (£6)	4.00 - 4.30	CORE BALANCE	444	STUDIO 1
5.00 - 5.45 BODY SCULPT ♥♥♥♥ STUDIO 1 6.00 - 6.45 FITNESS PILATES ♥♥♥ STUDIO 1	4.30 - 5.00	AQUA FIT	444	POOL
6.00 - 6.45 FITNESS PILATES ♥♥♥ STUDIO 1	5.00 - 5.45	HATHA YOGA (£6)	444	TBC
	5.00 - 5.45	BODY SCULPT	4444	STUDIO 1
7.00 - 7.30 ASHTANGA YOGA (FR) STUDIO 1	6.00 - 6.45	FITNESS PILATES	444	STUDIO 1
7.00 7.00 ASTRAIGN TOON (ED) \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	7.00 - 7.30	ASHTANGA YOGA (£6)	444	STUDIO 1

	WEDNES	DAY	
TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	HATHA YOGA (£6)	***	STUDIO 1
8.00 - 8.45	MORNING WALK	44	FITNESS DESK
9.00 - 9.30	KETTLEBELL WORKOUT	4444	URBAN GYM
9.15 - 10.00	BODY SCULPT	4444	STUDIO 1
10.00 - 10.45	FITNESS PILATES	444	STUDIO 1
10.30 - 11.00	AQUA FIT	444	POOL
11.00 - 11.45	CHAMP RIDE 45	4444	CYCLE STUDIO
11.00 - 11.30	LEGS, BUMS AND TUMS	4444	STUDIO 1
2.00 - 2.55	NORDIC WALK	444	FITNESS DESK
3.00 - 3.30	LOOP BAND WORKOUT	444	STUDIO 1
3.45 - 4.15	STRETCH & RELAX	**	STUDIO 1
4.30 - 5.00	AQUA FIT	444	POOL
5.00 - 5.45	FITNESS PILATES	444	STUDIO 1
5.00 - 5.30	HIIT	****	URBAN GYM
6.00 - 6.45	BODY SCULPT	4444	STUDIO 1
6.30 - 7.00	AQUA FIT	444	POOL
7.00 - 7.45	VINYASSA YOGA (£6)	444	STUDIO 1
7.00 - 7.30	BOXING CLUB	4444	URBAN GYM

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	**	FITNESS DESK
9.00 - 9.45	HATHA FLOW YOGA (£6)	44	STUDIO 1
9.00 - 9.45	CHAMP RIDE 45	4444	CYCLE STUDIO
10.00 - 10.45	BODY SCULPT	4444	STUDIO 1
10.30 - 11.00	AQUA FIT	444	POOL
11.00 - 11.45	FITNESS PILATES	444	STUDIO 1
12.00 - 12.45	STEP AND TONE	4444	STUDIO 1
2.00 - 2.45	COUNTRY WALK	**	FITNESS DESK
3.00 - 3.30	CORE FUSION	****	STUDIO 1
3.45 - 4.15	STRETCH & RELAX	44	STUDIO 1
4.30 - 5.00	AQUA FIT	444	POOL
5.00 - 5.30	BOOTCAMP	4444	URBAN GYM
5.15 - 6.00	DANCE FITNESS	444	STUDIO 1
6.00 - 6.45	FITNESS PILATES	444	STUDIO 1
6.30 - 7.00	AQUA FIT	444	POOL
7.00 - 7.30	STRETCH & RELAX	**	STUDIO 1

FRIDAY				
TIME	CLASS	INTENSITY	VENUE	
8.00 - 8.45	MORNING WALK	**	FITNESS DESK	
8.00 - 8.45	HATHA YOGA (£6)	***	STUDIO 1	
9.00 - 9.45	CHAMP RIDE 45	4444	CYCLE STUDIO	
10.00 - 10.45	FITSTEPS	4444	STUDIO 1	
10.00 - 10.45	FITNESS PILATES	444	TBC	
10.30 - 11.00	AQUA FIT	444	POOL	
11.00 - 11.45	BODY SCULPT	4444	STUDIO 1	
2.00 - 2.45	COUNTRY WALK	44	FITNESS DESK	
3.00 - 3.30	FOAM ROLLING	**	MIND AND BODY	
3.00 - 3.45	DANCE FITNESS	444	STUDIO 1	
3.45 - 4.15	STRETCH & RELAX	44	STUDIO 1	
4.30 - 5.00	AQUA FIT	444	POOL	
5.00 - 5.30	LEGS, BUMS AND TUMS	444	STUDIO 1	
5.30 - 6.15	YIN YOGA (£6)	444	STUDIO 1	
6.00 - 6.30	BOXING CLUB	****	URBAN GYM	

SATURDAY			
TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	**	FITNESS DESK
9.00 - 9.30	KETTLEBELL WORKOUT	4444	STUDIO 1
10.00 - 10.45	ZUMBA	444	STUDIO 1
10.00 - 10.45	CHAMP RIDE 45	****	CYCLE STUDIO
10.00 - 10.45	FITNESS PILATES	***	TBC
11.00 - 11.45	HATHA YOGA (£6)	444	TBC
11.45 - 12.30	AQUA FIT	444	POOL
12.00 - 12.45	MEDITATION (£6)	*	TBC
2.00- 2.55	NORDIC WALK	***	FITNESS DESK
3.00 - 3.30	CORE BALANCE	444	STUDIO 1
3.45 - 4.15	STRETCH & RELAX	**	STUDIO 1
4.30 - 5.00	AQUA FIT	444	POOL
5.00 - 5.30	HIIT	****	URBAN GYM
6.00 - 6.30	BOXING CLUB	4444	URBAN GYM

TIME	CLASS	INTENSITY	VENUE
9.00 - 9.45	YIN YOGA (£6)	**	STUDIO 1
9.30 - 10.00	AQUA FIT	444	POOL
10.00 - 10.45	FITNESS PILATES	444	STUDIO 1
11.00 - 11.45	CHAMP RIDE 45	****	CYCLE STUDIO
12.00 - 12.45	DANCE FIT	444	STUDIO 1
13.00 - 13.45	BARRE	444	STUDIO 1
2.00 - 2.45	COUNTRY WALK	**	FITNESS DESK
3.00 - 3.30	FOAM ROLLING	**	MIND AND BODY
4.00 - 4.45	BODY SCULPT	****	STUDIO 1
4.30 - 5.00	AQUA FIT	444	POOL
5.00 - 5.45	HATHA YOGA (£6)	444	TBC
5.00 - 5.30	STRETCH & RELAX	**	STUDIO 1
6.00 -6.30	REBOUNDING	4444	STUDIO 1

MASTERCLASS			
CLASS	PRESENTER		
YOGA, PILATES AND STRETCH AND RELAX	ANGIE NEWSON		
KETTLEBELLS, HIIT AND BODYSCULPT	JAMES WINTER		
"DANCE IT" (4 CLASSES)	ANTONY JOHNS		
KETTLEBELLS, HIIT AND BODYSCULPT	JAMES WINTER		
	CLASS YOGA, PILATES AND STRETCH AND RELAX KETTLEBELLS, HIIT AND BODYSCULPT "DANCE IT" (4 CLASSES)		

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 \pounds sign shown which refers to a \pounds 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.