

CHAMPNEYS TRING: ACTIVITY SCHEDULE JANUARY 2022

MONDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.45	YOGA (£6)	♥♥♥	STUDIO 1
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
10.00 - 10.45	BODY SCULPT	♥♥♥♥	STUDIO 1
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
10.45 - 11.30	FITNESS PILATES	♥♥♥	STUDIO 1
11.30 - 12.15	ZUMBA	♥♥♥	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	♥♥♥♥	STUDIO 1
4.30 - 5.00	REBOUNDING	♥♥♥♥	STUDIO 1
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.30	KETTLEBELL WORKOUT	♥♥♥♥	STUDIO 1
6.00 - 6.45	VINYASA YOGA (£6)	♥♥♥	STUDIO 1
6.30 - 7.00	AQUA FIT	♥♥♥	POOL
7.00 - 7.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
7.00 - 7.45	BODY SCULPT	♥♥♥♥	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	♥♥♥♥	CYCLE STUDIO
10.00 - 10.45	FITSTEPS	♥♥♥♥	STUDIO 1
10.00 - 10.45	FITNESS PILATES	♥♥♥	TBC
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
11.00 - 11.45	BODY SCULPT	♥♥♥♥	STUDIO 1
2.00 - 2.45	COUNTRY WALK	♥♥	FITNESS DESK
3.00 - 3.30	FOAM ROLLING	♥	MIND AND BODY
3.00 - 3.45	DANCE FITNESS	♥♥♥	STUDIO 1
3.45 - 4.15	STRETCH & RELAX	♥♥	STUDIO 1
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.30	LEGS, BUMS AND TUMS	♥♥♥	STUDIO 1
5.30 - 6.15	YIN YOGA (£6)	♥♥♥	STUDIO 1
6.00 - 6.30	BOXING CLUB	♥♥♥♥	URBAN GYM

TUESDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.30	HIIT	♥♥♥♥♥	URBAN GYM
9.00 - 9.45	FITSTEPS	♥♥♥♥	STUDIO 1
10.00 - 10.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
10.00 - 10.45	BODY SCULPT	♥♥♥♥	STUDIO 1
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
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 BODY
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
7.00 - 7.30	ASHTANGA YOGA (£6)	♥♥♥	STUDIO 1

SATURDAY

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

WEDNESDAY

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

SUNDAY

TIME	CLASS	INTENSITY	VENUE
9.00 - 9.45	YIN YOGA (£6)	♥♥	STUDIO 1
9.30 - 10.00	AQUA FIT	♥♥♥	POOL
10.00 - 10.45	FITNESS PILATES	♥♥♥	STUDIO 1
11.00 - 11.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
12.00 - 12.45	DANCE FIT	♥♥♥	STUDIO 1
13.00 - 13.45	BARRE	♥♥♥	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	♥♥♥	POOL
5.00 - 5.45	HATHA YOGA (£6)	♥♥♥	TBC
5.00 - 5.30	STRETCH & RELAX	♥♥	STUDIO 1
6.00 - 6.30	REBOUNDING	♥♥♥♥	STUDIO 1

THURSDAY

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

MASTERCLASS

DATE	CLASS	PRESENTER
8TH/9TH JAN	YOGA, PILATES AND STRETCH AND RELAX	ANGIE NEWSON
15TH/16TH JAN	KETTLEBELLS, HIIT AND BODYSULPT	JAMES WINTER
21ST/23RD JAN	"DANCE IT" (4 CLASSES)	ANTONY JOHNS
29TH/30TH	KETTLEBELLS, HIIT AND BODYSULPT	JAMES WINTER

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.