

## CHAMPNEYS SPRINGS ACTIVITY SCHEDULE JANUARY 2022

MONDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S	♥♥♥	STUDIO 1
16.00 - 16.30	FITNESS FUSION	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 1

TUESDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
9.00 - 9.30	PHUSION	♥♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥	STUDIO 1
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
14.00 - 14.30	LBT'S	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.15 - 18.45	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	BODYSULPT	♥♥♥	STUDIO 1

WEDNESDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	HIIT	♥♥♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
14.00 - 14.45	FITNESS PILATES	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	LBT'S	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	FITNESS PILATES	♥♥♥	STUDIO 1

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
9.00 - 9.45	FITNESS PILATES	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥	STUDIO 1
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
14.00 - 14.30	BODY STRETCH	♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	PHUSION	♥♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.15 - 18.45	LBT'S	♥♥♥	STUDIO 1
19.00 - 19.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
19.00 - 19.30	AQUA	♥♥♥	POOL

FRIDAY			
TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S	♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 19.00	BODYSULPT	♥♥♥♥	STUDIO 1
19.15 - 19.45	AQUA	♥♥♥	POOL

SATURDAY			
TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30 // HIIT	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	TRADITIONAL MAT PILATES	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.30	LBT'S	♥♥♥	STUDIO 1
12.00 - 12.45	PICKLEBALL	♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	FITNESS FUSION	♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL

SUNDAY			
TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY STRETCH	♥♥♥	STUDIO 1
9.00 - 9.30	HIIT	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
12.00 - 12.45	PICKLEBALL	♥♥♥	STUDIO 1
14.00 - 14.55	DOG FRIENDLY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	PHUSION	♥♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL

MASTERCLASS		
DATE	CLASS	PRESENTER
08.01.22 - 08.00	BODY BLITZ	EUGENE KIRBY
08.01.22 - 09.00	CHAMP RIDE 30	EUGENE KIRBY
08.01.22 - 15.00	FITNESS FUSION	EUGENE KIRBY
09.01.22 - 09.00	HIIT	EUGENE KIRBY
22.01.22 - 08.00	BODY BLITZ	EUGENE KIRBY
22.01.22 - 09.00	CHAMP RIDE 30	EUGENE KIRBY
22.01.22 - 11.00	LBT'S (HIIT)	EUGENE KIRBY
23.01.22 - 09.00	HIIT	EUGENE KIRBY
WELLBEING TALKS		
5TH, 12TH, 26TH	LOVE YOUR LIVER	NUTRITIONIST
AT 21:00		
6TH, 13TH, 27TH	NUTRIGENOMICS	NUTRITIONIST
AT 11:00		
10TH, 24TH, 31ST	NUTRITION AND THE	NUTRITIONIST
AT 11:00		
IMMUNE SYSTEM :		
BOOST YOUR BODY'S		
NATURAL SUPERPOWER		

## 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.