

CHAMPNEYS TRING: ACTIVITY SCHEDULE MAY 2022

MONDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.55	YOGA (£8)	♥♥♥	TCB
9.00 - 9.45	BODY SCULPT	♥♥♥♥	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 - 3.45	TENNIS	♥♥♥	TENNIS COURT
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	♥♥♥♥	URBAN GYM
5.15 - 5.45	STEP AND TONE	♥♥♥♥	STUDIO 1
6.00 - 6.55	VINYASA YOGA (£8)	♥♥♥	STUDIO 1
6.00 - 6.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
6.30 - 7.00	AQUA FIT	♥♥♥	POOL
7.00 - 7.45	BODY SCULPT	♥♥♥♥	STUDIO 1

FRIDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
8.00 - 8.55	HATHA YOGA (£8)	♥♥♥	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 - 3.45	PICKLE BALL	♥♥♥	TENNIS COURT
3.45 - 4.15	STRETCH & RELAX	♥♥	STUDIO 1
5.00 - 5.30	AQUA FIT	♥♥♥	POOL
5.00 - 5.30	LEGS, BUMS AND TUMS	♥♥♥♥	STUDIO 1
5.30 - 6.25	YIN YOGA (£8)	♥♥♥	STUDIO 1
6.00 - 6.30	BOX FIT	♥♥♥♥	URBAN GYM

TUESDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.30	BOX FIT	♥♥♥♥	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 - 12.10	YIN YOGA (£8)	♥♥♥	TBC
2.00 - 2.45	FITNESS PILATES	♥♥♥	STUDIO 1
2.00 - 2.45	COUNTRY WALK	♥♥♥	FITNESS DESK
3.00 - 3.45	PICKLE BALL	♥♥♥	TENNIS COURT
4.00 - 4.30	CORE BALANCE	♥♥♥	STUDIO 1
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.55	HATHA YOGA (£8)	♥♥♥	TBC
5.00 - 5.45	BODY SCULPT	♥♥♥♥	STUDIO 1
6.00 - 6.45	FITNESS PILATES	♥♥♥	STUDIO 1
6.30 - 7.00	AQUA FIT	♥♥♥	POOL
7.00 - 7.55	JUMPGA (£8)	♥♥♥	STUDIO 1
7.00 - 7.55	VINYASA FLOW YOGA (£8)	♥♥♥	TBC

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 - 11.55	HATHA YOGA (£8)	♥♥♥	STUDIO 1
11.45 - 12.30	AQUA FIT	♥♥♥	POOL
12.00 - 12.55	MEDITATION (£8)	♥	STUDIO 1
2.00 - 2.55	NORDIC WALK	♥♥♥	FITNESS DESK
3.00 - 3.45	PICKLE BALL	♥♥♥	TENNIS COURT
3.45 - 4.15	STRETCH & RELAX	♥♥	STUDIO 1
5.00 - 5.30	AQUA FIT	♥♥♥	POOL
5.30 - 6.00	HIIT	♥♥♥♥♥	URBAN GYM
6.00 - 6.30	BOX FIT	♥♥♥♥	URBAN GYM

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.55	HATHA YOGA (£8)	♥♥♥	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	BODY SCULPT	♥♥♥♥	STUDIO 1
10.00 - 10.45	FITNESS PILATES	♥♥♥	TBC
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 - 3.45	TENNIS	♥♥♥	TENNIS COURT
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 - 7.55	VINYASA POWER YOGA (£8)	♥♥♥	STUDIO 1
7.00 - 7.30	BOX FIT	♥♥♥♥	URBAN GYM

SUNDAY

TIME	CLASS	INTENSITY	VENUE
9.00 - 9.55	YIN YOGA (£8)	♥♥	STUDIO 1
9.30 - 10.00	AQUA FIT	♥♥♥	POOL
10.00 - 10.45	FITNESS PILATES	♥♥♥	STUDIO 1
11.00 - 11.45	BODY SCULPT	♥♥♥♥	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 - 3.45	PICKLE BALL	♥♥♥	TENNIS COURT
4.00 - 4.45	BODY SCULPT	♥♥♥♥	STUDIO 1
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.55	HATHA YOGA (£8)	♥♥♥	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	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
9.00 - 9.55	HATHA FLOW YOGA (£8)	♥♥	STUDIO 1
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	BODY SCULPT	♥♥♥♥	STUDIO 1
2.00 - 2.45	COUNTRY WALK	♥♥	FITNESS DESK
3.00 - 3.45	PICKLE BALL	♥♥♥	TENNIS COURT
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	ZUMBA	♥♥♥♥	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
6TH-8TH	TBC	RACHEL CLEMENT
13TH - 15TH	TBC	ANGIE NEWSON
20TH - 22ND	TBC	KATE BISHOP
27TH-29TH	TBC	KATE ATKINSON

TBC (SEE NOTICE BOARDS) NUTRITION TALKS MARY MORLEY

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.

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.