



CHAMPNEYS FOREST MERE ACTIVITY SCHEDULE SEPTEMBER 2020

MONDAY

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
8.00 - 8.30	HIIT	♥♥♥♥♥	STUDIO 2
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	BODY WEIGHT SCULPT	♥♥♥♥	STUDIO 2
11.00 - 11.30	FITNESS PILATES	♥♥♥	STUDIO 1
12.00 - 12.45	OUTDOOR ACTIVE	♥♥♥	TENNIS COURTS
14.00 - 14.45	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	STRETCH & FLOW	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.45	SEASONAL YOGA (£)	♥♥♥	STUDIO 1
18.00 - 18.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19.00 - 19.45	FITNESS PILATES	♥♥♥	STUDIO 1

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
8.00 - 8.45	TOTAL BODY WORKOUT	♥♥♥♥	TENNIS COURTS
9.00 - 9.45	FITNESS PILATES	♥♥♥	STUDIO 1
9.00 - 9.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
10.00 - 10.45	STRETCH & FLOW	♥♥♥	STUDIO 1
11.00 - 11.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
14.00 - 14.45	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	HULA HOOP	♥♥	STUDIO 2
16.30 - 17.00	AQUA	♥♥♥	POOL
18.00 - 18.30	BODY WEIGHT SCULPT	♥♥♥♥	STUDIO 2
18.30 - 19.00	AQUA	♥♥♥	POOL
19.00 - 19.30	HIIT	♥♥♥♥♥	STUDIO 2

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
8.00 - 8.45	STRETCH & FLOW	♥♥♥	STUDIO 1
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	TOTAL BODY WORKOUT	♥♥♥♥	TENNIS COURT
11.00 - 11.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
12.00 - 12.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.45	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.45	OUTDOOR ACTIVE	♥♥♥	TENNIS COURT
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.45	FLOW YOGA (£)	♥♥♥	STUDIO 1
18.00 - 18.45	TAI CHI / CHAMP RIDE 45	♥♥♥♥♥	STUDIO 1/2
19.00 - 19.30	CORE FUSION	♥♥♥	STUDIO 1

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
8.00 - 8.30	WAKE UP WORKOUT	♥♥♥	STUDIO 2
9.00 - 9.45	BODY WEIGHT SCULPT	♥♥♥♥	STUDIO 2
10.00 - 10.45	STRETCH & FLOW	♥♥♥	STUDIO 1
11.00 - 11.45	OUTDOOR ACTIVE	♥♥♥	TENNIS COURT
14.00 - 14.45	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	CORE FUSION	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.00 - 18.45	TOTAL BODY WORKOUT	♥♥♥♥	TENNIS COURT
18.00 - 18.45	SEASONAL YOGA (£)	♥♥♥	STUDIO 1
19.00 - 19.45	FITNESS PILATES	♥♥♥	STUDIO 1

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
8.00 - 8.30	HIIT	♥♥♥♥♥	STUDIO 2
9.00 - 9.45	OUTDOOR ACTIVE	♥♥♥	TENNIS COURT
10.00 - 10.30	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
11.00 - 11.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
12.00 - 12.30	HULA HOOP	♥♥	STUDIO 2
14.00 - 14.45	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.45	YOGA (£)	♥♥♥	STUDIO 1
18.00 - 18.45	DEEP STRETCH	♥♥♥	STUDIO 1
18.30 - 19.00	AQUA	♥♥♥	POOL

SATURDAY

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	BODY WEIGHT SCULPT	♥♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
12.00 - 12.30	HULA HOOP	♥♥	STUDIO 2
14.00 - 14.45	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.45	STRETCH & FLOW	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.45	STRETCH & RELAX	♥♥	STUDIO 1
18.00 - 18.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2

SUNDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.30	WAKE UP WORKOUT	♥♥♥	STUDIO 2
9.00 - 9.45	KUDALINI YOGA (£)	♥♥♥	STUDIO 1
9.00 - 9.45	OUTDOOR ACTIVE	♥♥♥	TENNIS COURT
10.00 - 10.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.30	HULA HOOP	♥♥♥	STUDIO 2
12.00 - 12.45	STRETCH & FLOW	♥♥♥	STUDIO 1
14.00 - 14.55	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.45	BODYWEIGHT SCULPT	♥♥♥♥	STUDIO 2
15.00 - 15.45	STRETCH & RELAX	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.45	FLOW YOGA	♥♥♥	STUDIO 1
18.00 - 18.30	HIIT	♥♥♥♥♥	STUDIO 2

INFORMATION

CLASS INTENSITY GRADING



SAFETY

Please adhere to social distancing at all times. We ask that you also sanitise your hands on entering the club and studio and before leaving the studio and club to keep yourself and others safe.

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.

BOOKING

Please book all classes via the Club Members App or via the Club Members Website. All classes with a (£) have an additional charge for guests when booking.

We ask that all members attend all classes booked. If not, we have introduced a No-Show & Cancellation policy to ensure fairness and equal attendance to other members.

CANCELLATION POLICY

You are allowed to cancel your session up to 4 hours before the session without charge

If you cancel within the 4 hrs before the session you will be charged £6.

NO SHOW POLICY

One missed session – you will receive an automatic notification reminder to inform you of your missed session.

Two missed sessions – you will be charged £6 for the missed session.

Three missed classes – you will be charged £6 and you will be blocked from booking any session for 7 days.

WATER

Water bottles are available from the boutique/Wellbeing & Fitness Reception, you are reminded to take plenty of fluids during and after exercise.

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.