

CHAMPNEYS HENLOW ACTIVITY SCHEDULE SEPTEMBER 2020

MONDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:30 - 9:00	POWER WALK	♥♥♥	FITNESS DESK
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥	STUDIO
10:00 - 10:30	HIIT	♥♥♥♥	STUDIO
10:30 - 11:00	AQUA	♥♥♥	POOL
11:00 - 11:45	RELAX 'N STRETCH	♥♥	STUDIO
14:00 - 15:00	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
16:30 - 17:00	AQUA	♥♥♥	POOL
18:00 - 18:30	HIIT	♥♥♥♥	STUDIO
19:15 - 20:00	CHAMP RIDE 45	♥♥♥♥	STUDIO

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:00 - 8:30	FITNESS PILATES 30	♥♥♥	STUDIO
9:00 - 9:45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
10:00 - 10:30	BODY STRETCH	♥♥	STUDIO
10:30 - 11:00	AQUA	♥♥♥	POOL
11:00 - 11:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
14:00 - 14:55	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:30	FITNESS PILATES	♥♥♥	STUDIO
16:30 - 17:00	AQUA	♥♥♥	POOL
18:00 - 18:30	BODY SCULPT 30	♥♥♥	STUDIO
18:30 - 19:00	AQUA	♥♥♥	POOL
19:30 - 20:15	YOGA	♥♥♥	STUDIO

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:00 - 8:30	FITNESS PILATES 30	♥♥♥	STUDIO
9:00 - 9:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
10:00 - 10:30	HIIT	♥♥	STUDIO
10:30 - 11:00	AQUA	♥♥♥	POOL
11:00 - 11:45	IYENGAR YOGA (£)	♥♥♥	STUDIO
14:00 - 15:00	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:45	STRETCH & RELAX	♥♥♥	STUDIO
16:30 - 17:00	AQUA	♥♥♥	POOL
18:30 - 19:00	AQUA	♥♥♥	POOL
19:15 - 20:00	CHAMP RIDE 45	♥♥♥	STUDIO 1

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:30 - 9:00	BODY STRETCH	♥♥	STUDIO
9:00 - 9:30	FITNESS PILATES 30	♥♥♥	STUDIO
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥	STUDIO
10:30 - 11:00	AQUA	♥♥♥	POOL
11:00 - 11:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
14:00 - 15:00	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:45	OUTDOOR ACTIVE	♥♥♥	FITNESS DESK
16:30 - 17:00	AQUA	♥♥♥	POOL
18:00 - 18:30	CHAMP RIDE 30	♥♥♥♥	STUDIO
19:15 - 20:00	FITNESS PILATES 45	♥♥♥	STUDIO

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:30 - 9:00	POWER WALK	♥♥♥	FITNESS DESK
9:00 - 9:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥	STUDIO
10:30 - 11:00	AQUA	♥♥♥	POOL
11:00 - 11:45	BODY SCULPT	♥♥♥	STUDIO
14:00 - 15:00	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:30	BODY STRETCH	♥♥	POOL
16:30 - 17:00	AQUA	♥♥♥	POOL
17:45 - 18:15	STRETCH 'N RELAX	♥♥	STUDIO
18:30 - 19:15	BARRE FUSION	♥♥♥	STUDIO
19:30 - 20:15	LEGS, BUMS & TUMS	♥♥♥	STUDIO

SATURDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:30 - 9:00	CORE FUSION	♥♥♥	STUDIO
9:00 - 9:30	POWER WALK	♥♥♥	FITNESS DESK
10:00 - 10:45	BODYSULPT	♥♥♥	STUDIO
10:30 - 10:30	AQUA	♥♥♥	POOL
11:00 - 11:45	HIIT (30 MINS)	♥♥♥♥	STUDIO
14:00 - 15:00	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:30	CORE FUSION	♥♥♥	STUDIO
16:30 - 17:00	AQUA	♥♥♥	POOL
18:00 - 18:45	STRETCH 'N RELAX	♥♥	STUDIO

SUNDAY

TIME	CLASS	INTENSITY	VENUE
7:30 - 8:00	AQUA	♥♥♥	POOL
8:30 - 9:00	POWER WALK	♥♥♥	STUDIO
9:00 - 9:30	WAKE UP WORKOUT	♥♥♥♥	STUDIO
10:00 - 10:45	OUTDOOR ACTIVE	♥♥♥♥	FITNESS DESK
10:30 - 11:00	AQUA	♥♥♥	POOL
11:00 - 11:45	IYENGAR YOGA (£)	♥♥	STUDIO
14:00 - 14:55	COUNTRY HIKE	♥♥	FITNESS DESK
15:00 - 15:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
16:00 - 16:30	CHAMP RIDE 30	♥♥♥♥	STUDIO
17:00 - 17:45	STRETCH & RELAX	♥♥	STUDIO

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.