

CHAMPNEYS EASTWELL MANOR : ACTIVITY SCHEDULE JANUARY 2022

MONDAY			
TIME	CLASS	INTENSITY	VENUE
06.45-07.30	FITNESS PILATES	♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
10.30-11.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.15-16.00	STRETCH AND RELAX	♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.10	BOXFIT	♥♥♥♥	STUDIO

TUESDAY			
TIME	CLASS	INTENSITY	VENUE
07.00-07.30	CHAMP RIDE 30	♥♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
09.30-10.25	VINYASA YOGA £	♥♥♥	STUDIO
10.45-11.15	HIIT	♥♥♥	STUDIO
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.15-16.00	STRETCH AND RELAX	♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.00	TAI CHI	♥♥♥	STUDIO

WEDNESDAY			
TIME	CLASS	INTENSITY	VENUE
07.00-07.30	HIIT	♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
09.30-10.15	POWERHOOP	♥♥♥	STUDIO
10.30-11.15	CIRCUITS	♥♥♥	STUDIO
14.00-14.45	FITNESS PILATES	♥♥♥	STUDIO
15.15-16.00	STRETCH AND RELAX	♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.00	CHAMP RIDE 45	♥♥♥♥	STUDIO

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
07.00-07.30	CHAMP RIDE 30	♥♥♥♥	STUDIO
07.30-08.00	FOAM ROLLER	♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
09.30-10.25	VINYASA YOGA £	♥♥♥	STUDIO
10.30-11.00	HIIT	♥♥♥♥	STUDIO
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.15-16.00	STRETCH AND RELAX	♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.15	RESTORATIVE YOGA £	♥	STUDIO

FRIDAY			
TIME	CLASS	INTENSITY	STUDIO 1
06.45-07.30	FITNESS PILATES	♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
10.30-11.15	CIRCUITS	♥♥♥	STUDIO
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.15-16.00	STRETCH AND RELAX	♥	STUDIO
18.15-19.00	TOTAL BODY WORKOUT	♥♥♥	STUDIO
19.15-20.00	CHAMP RIDE 45	♥♥♥♥	STUDIO

SATURDAY			
TIME	CLASS	INTENSITY	STUDIO 1
08.00-08.30	CHAMP RIDE 30	♥♥♥♥	STUDIO
08.45-09.15	HIIT	♥♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
10.15-11.00	TOTAL BODY WORKOUT	♥♥♥	STUDIO
14.00-14.45	FITNESS PILATES	♥♥♥	STUDIO
15.15-16.00	COUNTRY HIKE	♥♥	OUTDOOR
17.30-18.15	FITNESS FUSION	♥♥♥	STUDIO

SUNDAY			
TIME	CLASS	INTENSITY	STUDIO 1
08.00-08.45	MORNING WALK	♥♥	OUTDOOR
08.45-09.15	CIRCUITS	♥♥♥	STUDIO
09.30-10.00	AQUA	♥♥	POOL
10.30-11.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
14.00-15.30	DOG FRIENDLY WALK	♥♥	OUTDOOR
16.00-16.30	STRETCH AND RELAX	♥	STUDIO
17.30-18.15	CIRCUITS	♥♥♥	STUDIO

MASTERCLASS			
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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.