

CHAMPNEYS FOREST MERE: ACTIVITY SCHEDULE SEPTEMBER 2021

MONDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00-8:30	HIIT	♥♥♥♥♥	STUDIO 2
9:00-9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00-10:45	BODYSculPT	♥♥♥	STUDIO 2
11:00-11:45	FITNESS PILATES	♥♥♥	STUDIO 1
12:00-12:45	OUTDOOR ACTIVE	♥♥♥	F & W DESK
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00-15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	SEASONAL YOGA £	♥♥♥	STUDIO 1
18:00-18:45	FITNESS PILATES	♥♥♥	STUDIO 1
18:00-18:45	ZUMBA	♥♥♥♥	STUDIO 2
19:00-19:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00-19:45	TOTAL BARRE	♥♥♥	STUDIO 1

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥	POOL
8:00-8:30	HIIT	♥♥♥♥♥	STUDIO 2
9:00-9:45	ZUMBA	♥♥♥♥	STUDIO 2
10:00-10:45	HATHA YOGA £	♥♥♥	STUDIO 1
10:00-10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
11:00-11:45	LEGS,BUMS & TUMS	♥♥♥	STUDIO 2
12:00-12:30	HULA HOOP	♥	STUDIO 2
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00-15:30	BODY STRETCH	♥♥	STUDIO 1
16:00-16:45	PICKLEBALL	♥♥♥	F & W DESK
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	HATHA YOGA £	♥♥♥	STUDIO 1
17:00-17:45	OUTDOOR BOOTCAMP	♥♥♥♥	F & W DESK
18:00 - 18:45	DEEP STRETCH	♥♥♥	STUDIO 1
18:30-19:00	AQUA FIT	♥♥♥	POOL

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:55	MORNING WALK	♥♥♥	F & W DESK
9:00-9:45	LEGS,BUMS & TUMS	♥♥♥	STUDIO 2
9:00-9:45	FITNESS PILATES	♥♥♥	STUDIO 1
10:00-10:45	FLOW YOGA £	♥♥♥	STUDIO 1
11:00-11:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
12:00 - 12:55	MEDITATION £	♥	STUDIO 1
14:00-14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00-15:30	LONG HIKE	♥♥♥	F & W DESK
15:00-15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	STRETCH & RELAX	♥♥	STUDIO 1
18:00 - 18:45	OUTDOOR BOOTCAMP	♥♥♥♥	F & W DESK
18:00-18:45	YOGA £	♥♥♥	STUDIO 1
18:30-19:00	AQUA FIT	♥♥♥	POOL
19:00-19:30	HIIT	♥♥♥♥♥	STUDIO 2

SATURDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥	POOL
9:00 - 9:45	STRETCH & FLOW	♥♥♥	STUDIO 1
9:00-9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00-10:30	HIIT	♥♥♥♥♥	STUDIO 2
11:00-11:30	HULA HOOP	♥♥	STUDIO 1
11:00-11:45	MASTERCLASS	♥♥♥	STUDIO 2
12:00-12:45	OUTDOOR BOOTCAMP	♥♥♥♥	F & W DESK
12:00-12:45	FITNESS PILATES	♥♥♥	STUDIO 1
14:00-15:30	LONG HIKE	♥♥♥	F & W DESK
15:00-15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
16:00-16:45	PICKLEBALL	♥♥♥	F & W DESK
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
17:00-17:45	STRETCH & RELAX	♥♥	STUDIO 1
18:00 - 18:30	FOAM ROLLERS	♥♥	STUDIO 1

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:45	STRETCH & FLOW	♥♥♥	STUDIO 1
9:00-9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00-10:45	SEASONAL YIN YOGA £	♥♥♥	STUDIO 1
10:00-10:45	ZUMBA	♥♥♥	STUDIO 2
11:00-11:45	LEGS,BUMS & TUMS	♥♥♥	STUDIO 2
12:00-12:45	FITNESS PILATES	♥♥♥	STUDIO 1
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00-15:45	OUTDOOR BOOTCAMP	♥♥♥	F & W DESK
16:00-16:30	BODY STRETCH	♥♥	STUDIO 1
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	FLOW YOGA £	♥♥♥	STUDIO 1
18:00 - 18:45	TAI CHI £	♥	STUDIO 1
18:00-18:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00-19:30	CORE FUSION	♥♥♥	STUDIO 2
19:00-19:45	KUNDALINI YOGA £	♥♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥	POOL
9:00-9:45	KUNDALINI YOGA £	♥♥♥	STUDIO 1
9:00-9:45	BODYSculPT	♥♥♥	STUDIO 2
10:00-10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
11:00-11:30	HULA HOOP	♥♥	STUDIO 2
11:00-11:45	MASTERCLASS	♥♥♥	STUDIO 2
12:00-12:45	STRETCH & FLOW	♥♥♥	STUDIO 1
14:00 - 14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00-15:45	LEGS,BUMS & TUMS	♥♥♥	STUDIO 2
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	STRETCH & RELAX	♥♥♥	STUDIO 1

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥	POOL
8:00-8:30	LAKESIDE WALK	♥♥♥	F & W DESK
9:00-9:45	BODYSculPT	♥♥♥	STUDIO 2
9:15 - 10:00	CHI BALL	♥♥♥	STUDIO 1
10:00 - 10:45	STRETCH & FLOW	♥♥♥♥♥	STUDIO 1
11:00-11:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
11:00-11:45	FITNESS PILATES	♥♥♥	STUDIO 1
12:00-12:55	MEDITATION £	♥	STUDIO 1
12:00-12:30	HULA HOOP	♥♥	STUDIO 2
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00-15:45	OUTDOOR ACTIVE	♥♥♥	F & W DESK
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:30	BODY STRETCH	♥♥	STUDIO 1
18:00 - 18:45	SEASONAL YOGA £	♥♥♥	STUDIO 1
18:00 - 18:45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
19:00-19:45	FITNESS PILATES	♥♥♥	STUDIO 1

MASTERCLASS

DATE	CLASS	PRESENTER
4TH SEPTEMBER	AEROBICS	NEIL SOLMON
5TH SEPTEMBER	LATIN DANCE	NEIL SOLMON
11TH SEPTEMBER	ZUMBA	JANE ALEXANDER
12TH SEPTEMBER	DANCE FUSION	JANE ALEXANDER
25TH SEPTEMBER	BARRE CONCEPT	HOLLY DOUGLAS
26TH SEPTEMBER	ZUMBA	HOLLY DOUGLAS

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.