

## CHAMPNEYS HENLOW: ACTIVITY SCHEDULE NOVEMBER 2021

### MONDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.30 - 09.00	POWER WALK	♥♥♥♥	FITNESS DESK
09.00 - 09.30	CHAMP RIDE 30	♥♥♥♥♥	SPIN STUDIO
10.00 - 10.30	BODY STRETCH	♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.45	HATHA YOGA £	♥♥♥♥	STUDIO
11.00 - 11.30	URBAN POWER	♥♥♥♥♥	URBAN GYM
12.00-12.30	FOAM ROLLING	♥♥	URBAN GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.30	BODYSculPT	♥♥♥♥	STUDIO
15.00 - 15.45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥♥	POOL
17.15- 17.45	BODY STRETCH	♥♥	STUDIO
18.15 - 19.00	VINYASA FLOW YOGA £	♥♥♥♥	STUDIO
19.15 - 20.00	CHAMP RIDE 45	♥♥♥♥♥	SPIN STUDIO

### TUESDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.00 - 08.45	SWIM CLUB E8	♥♥♥♥	POOL
08.00 - 08.45	CHAMP BALLET	♥♥♥♥	STUDIO
09.00 - 09.30	URBAN HIIT	♥♥♥♥♥	URBAN GYM
10.00 - 10.45	DANCE	♥♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.45	VINYASA YOGA £	♥♥♥♥	STUDIO
14.00 - 14.30	HULA HOOP	♥♥♥♥	STUDIO
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
15.00 - 15.45	FITNESS PILATES	♥♥♥♥	STUDIO
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥♥	POOL
17.15 - 17.45	CHAMP RIDE 30	♥♥♥♥♥	SPIN STUDIO
18.00 - 18.45	BODYSculPT	♥♥♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥♥	POOL
19.00 - 19.45	CORE PILATES	♥♥♥♥	STUDIO

### WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.00 - 08.45	FITNESS PILATES	♥♥♥♥	STUDIO
08.00 - 08.30	URBAN HIIT	♥♥♥♥♥	URBAN GYM
09.00 - 09.45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO
10.00 - 10.30	URBAN POWER	♥♥♥♥♥	URBAN GYM
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.45	VINYASA YOGA £	♥♥♥♥	STUDIO
11.00 - 11.45	CHAMP BOX	♥♥♥♥♥	URBAN GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	BODYSculPT	♥♥♥♥	STUDIO
15.00 - 15.30	FOAM ROLLING	♥♥	URBAN GYM
16.00 - 16.30	AQUA	♥♥♥♥	POOL
16.30 - 17.00	BODY STRETCH	♥♥	STUDIO
17.15 - 17.45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥♥	POOL
19.15 - 20.00	CHAMP RIDE 45	♥♥♥♥♥	SPIN STUDIO

### THURSDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.00 - 08.45	SWIM CLUB E8	♥♥♥♥	POOL
09.00 - 09.45	CORE FUSION	♥♥♥♥	STUDIO
10.00 - 10.45	CHAMP BALLET	♥♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.45	CHAMP RIDE 45	♥♥♥♥♥	SPIN STUDIO
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.30	BODY STRETCH	♥♥	STUDIO
15.00 - 15.30	HULA HOOP	♥♥♥♥	STUDIO
16.00 - 16.30	BODYSculPT	♥♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥♥	POOL
17.15 - 18.00	ZUMBA	♥♥♥♥♥	STUDIO
18.00 - 18.30	CHAMP RIDE 30	♥♥♥♥♥	SPIN STUDIO
18.00 - 18.30	FOAM ROLLING	♥♥	URBAN GYM
19.00 - 19.45	CHAMP BOX	♥♥♥♥♥	URBAN GYM
19.15 - 20.00	FITNESS PILATES	♥♥♥♥	STUDIO

### FRIDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.30 - 09.00	WAKE UP WORKOUT	♥♥♥♥	STUDIO
09.00 - 09.45	ZUMBA	♥♥♥♥♥	STUDIO
10.00 - 10.45	HATHA YOGA £	♥♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.30	BODY STRETCH	♥♥	STUDIO
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.30	FITNESS FUSION	♥♥♥♥	STUDIO
15.00 - 15.30	FOAM ROLLING	♥♥	URBAN GYM
16.00 - 16.30	AQUA	♥♥♥♥	POOL
17.30 - 18.15	BARRE FUSION	♥♥♥♥	STUDIO
18.00 - 18.30	URBAN HIIT	♥♥♥♥♥	URBAN GYM
18.30 - 19.15	BARRE FUSION	♥♥♥♥	STUDIO
19.30 - 20.15	YIN YOGA £	♥♥♥♥	STUDIO

### SATURDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.00 - 08.45	CORE FUSION	♥♥♥♥	STUDIO
09.00 - 09.30	POWER WALK	♥♥♥♥	FITNESS DESK
10.00 - 10.45	ZUMBA/SCULPT	♥♥♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.30	URBAN HIIT	♥♥♥♥♥	URBAN GYM
14.00 - 14.30	HULA HOOP	♥♥♥♥	STUDIO
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
15.00 - 15.30	EXPRESS LBT	♥♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥♥	POOL
17.15 - 18.00	STRETCH & RELAX	♥♥	STUDIO

### SUNDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥♥	POOL
08.30 - 09.00	WAKE UP WORKOUT	♥♥♥♥	STUDIO
09.00 - 09.45	HATHA YOGA £	♥♥♥♥	STUDIO
10.00 - 10.45	HATHA YOGA £	♥♥♥♥	STUDIO
10.00 - 10.30	URBAN POWER	♥♥♥♥♥	URBAN GYM
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.45	CORE FUSION	♥♥♥♥	STUDIO
14.00 - 14.45	COUNTRY WALK*	♥♥	FITNESS DESK
14.00 - 14.45	LEGS,BUMS & TUMS	♥♥♥♥	STUDIO
15.00 - 15.30	HULA HOOP	♥♥♥♥	STUDIO
16.00 - 16.30	CHAMP RIDE 30	♥♥♥♥	STUDIO
17.15 - 18.00	STRETCH & RELAX	♥♥	STUDIO

\*EVERY SUNDAY IS A DOG FRIENDLY WALK

### MASTERCLASS

Guest presenters:

Kate Bishop:

6th - 8am Core Fusion will be replaced with Pilates 3pm LBT

7th - 10am Urban Power  
11am Core Fusion will be replaced with Pilates

Hannah Murphy:

13th - 10am Zumba will be replaced with Dance 2pm Hula Hoop

14th - 10am Urban Power  
2pm LBT

Kate Bishop:

20th - 8am Core Fusion will be replaced with Pilates 3pm LBT will be replaced with Booty Barre

21st - 8.30am Wake Up Workout  
11am Core Fusion will be replaced with Pilates

Tanuja Parmar:

27th - 2pm Hula Hoop will be replaced with Bollyfit 5.15pm Stretch & Relax

28th - 10am Aqua will be replaced with Aqua Zumba 2pm LBT

## 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.