

CHAMPNEYS SPRINGS ACTIVITY SCHEDULE - OCTOBER 2021

MONDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S	♥♥♥	STUDIO 1
16.00 - 16.30	FITNESS FUSION	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 1

TUESDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
9.00 - 9.30	PHUSION	♥♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥	STUDIO 1
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
11.00 - 11.45	PICKLEBALL	♥♥♥	OUTDOORS
14.00 - 14.30	LBT'S	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.15 - 18.45	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	BODYSULPT	♥♥♥♥	STUDIO 1

WEDNESDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
11.00 - 11.45	PICKLEBALL	♥♥♥	OUTDOORS
14.00 - 14.45	FITNESS PILATES	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	LBT'S	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	FITNESS PILATES	♥♥♥	STUDIO 1

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
9.00 - 9.45	FITNESS PILATES	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥	STUDIO 1
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
11.00 - 11.45	PICKLEBALL	♥♥♥	OUTDOORS
14.00 - 14.30	BODY STRETCH	♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	PHUSION	♥♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.15 - 18.45	LBT'S	♥♥♥	STUDIO 1
19.00 - 19.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
19.00 - 19.30	AQUA	♥♥♥	POOL

FRIDAY			
TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S	♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 19.00	BODYSULPT	♥♥♥♥	STUDIO 1
19.15 - 19.45	AQUA	♥♥♥	POOL

SATURDAY			
TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30 // HIIT	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	TRADITIONAL MAT PILATES	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.30	LBT'S	♥♥♥	STUDIO 1
12.00 - 12.45	PICKLEBALL	♥♥♥	OUTDOORS
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	FITNESS FUSION	♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL

SUNDAY			
TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY STRETCH	♥♥♥	STUDIO 1
9.00 - 9.30	HIIT	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
12.00 - 12.45	PICKLEBALL	♥♥♥	OUTDOORS
14.00 - 14.55	DOG FRIENDLY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	PHUSION	♥♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL

MASTERCLASS		
DATE	CLASS	PRESENTER
16.10.21 - 08:00	BODY BLITZ	EUGENE KIRBY
16.10.21 - 09:00	CHAMP RIDE 30	EUGENE KIRBY
16.10.21 - 11:00	LBT'S (HIIT)	EUGENE KIRBY
17.10.21 - 09:00	HIIT	EUGENE KIRBY
23.10.21 - 08:00	BODY BLITZ	HELEN HAMILTON-BRADBURY
23.10.21 - 09:00	CHAMP RIDE 30	HELEN HAMILTON-BRADBURY
23.10.21 - 15:00	FITNESS FUSION	HELEN HAMILTON-BRADBURY
24.10.21 - 09:00	HIIT	HELEN HAMILTON-BRADBURY
30.10.21 - 11:00	NIA	JANE FRANCIS
30.10.21 - 16:00	YOGA FLOW	JANE FRANCIS
31.10.21 - 08:00	YOGA FLOW	JANE FRANCIS

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.

WELLBEING TALKS		
DATE	TOPIC	PRESENTER
04.10.21 - 11:00	WEIGHT MANAGEMENT IS A LIFESTYLE	NUTRITIONIST
11.10.21 - 11:00	WEIGHT MANAGEMENT IS A LIFESTYLE	NUTRITIONIST
13.10.21 - 21:00	LISTEN TO YOUR GUT	NUTRITIONIST
14.10.21 - 11:00	FOOD ALLERGIES & INTOLERANCES	NUTRITIONIST
20.10.21 - 21:00	LISTEN TO YOUR GUT	NUTRITIONIST
21.10.21 - 11:00	FOOD ALLERGIES & INTOLERANCES	NUTRITIONIST
27.10.21 - 21:00	LISTEN TO YOUR GUT	NUTRITIONIST
28.10.21 - 11:00	FOOD ALLERGIES & INTOLERANCES	NUTRITIONIST
	LOCATION - KNOWLEDGE POD	

PLEASE NOTE: CLASSES AND MASTERCLASSES MAY BE SUBJECT TO CHANGE ESPECIALLY OVER BANK HOLIDAYS.