

CHAMPNEYS SPRINGS ACTIVITY SCHEDULE AUGUST 2022

MONDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
8.30 - 9.25	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.00 - 10.30	LINE DANCING	♥♥♥♥	STUDIO 1
10.00 - 10.45	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	FITNESS PILATES	♥♥♥♥	STUDIO 2
12.00 - 12.30	BODY STRETCH	♥♥	STUDIO 2
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
17.15 - 18.10	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
18.15 - 18.45	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
19.00 - 19.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 1

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥♥	POOL
8.00 - 8.45	CIRCUITS	♥♥♥♥	STUDIO 1
8.00 - 8.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
9.00 - 9.30	FITBALL	♥♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥♥	STUDIO 1
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
12.00 - 12.30	AB ATTACK	♥♥♥♥	STUDIO 1
14.00 - 14.30	LBT'S	♥♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥♥	OUTDOORS
16.00 - 16.30	BODY STRETCH	♥♥♥♥	STUDIO 2
17.00 - 17.30	AQUA	♥♥♥♥	POOL
18.00 - 18.45	TRADITIONAL MAT PILATES	♥♥♥♥	STUDIO 2
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 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
11.00 - 11.55	CARDIO TENNIS	♥♥♥♥	OUTDOORS
12.00 - 12.30	POWER WALK	♥♥♥♥	OUTDOORS
14.00 - 14.45	FITNESS PILATES	♥♥♥♥	STUDIO 2
15.00 - 15.55	COUNTRY WALK	♥♥♥♥	OUTDOORS
16.00 - 16.30	LBT'S	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥♥	POOL
17.15 - 18.10	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
18.15 - 19.00	CIRCUITS	♥♥♥♥	STUDIO 1
19.00 - 19.45	FITNESS PILATES	♥♥♥♥	STUDIO 2

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥♥	POOL
8.00 - 8.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
9.00 - 9.45	FITNESS PILATES	♥♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥♥	POOL
10.00 - 10.45	DANCE FIT	♥♥♥♥	STUDIO 1
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
12.00 - 12.30	AB ATTACK	♥♥♥♥	STUDIO 1
14.00 - 14.30	BODY STRETCH	♥♥	STUDIO 2
15.00 - 15.30	POWER WALK	♥♥♥♥	OUTDOORS
16.00 - 16.30	PHUSION	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥♥	POOL
18.15 - 18.45	LBT'S	♥♥♥♥	STUDIO 1
18.15 - 19.10	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
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 - 10.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
10.30 - 11.00	AQUA	♥♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	FITNESS PILATES	♥♥♥♥	STUDIO 2
12.00 - 12.30	FITBALL	♥♥♥♥	STUDIO 1
14.00 - 14.55	COUNTRY WALK	♥♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S	♥♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 2
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	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	TRADITIONAL MAT PILATES	♥♥♥♥	STUDIO 2
10.00 - 10.30	AQUA	♥♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	DANCE FIT	♥♥♥♥	STUDIO 1
12.00 - 12.45	PICKLEBALL	♥♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥♥	OUTDOORS
15.00 - 15.30	FITNESS FUSION	♥♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 2
17.00 - 17.30	AQUA	♥♥♥♥	POOL
18.15 - 18.45	FITBALL	♥♥♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	STUDIO 1
7.00 - 7.30	AQUA	♥♥♥♥	POOL
8.00 - 8.30	BODY STRETCH	♥♥♥♥	STUDIO 2
9.00 - 9.30	HIIT	♥♥♥♥♥	STUDIO 1
10.00 - 10.30	AQUA	♥♥♥♥	POOL
10.00 - 10.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	FITNESS PILATES	♥♥♥♥	STUDIO 2
12.00 - 12.45	PICKLEBALL	♥♥♥♥	STUDIO 1
14.00 - 14.55	DOG FRIENDLY WALK	♥♥♥♥	OUTDOORS
15.00 - 15.30	PHUSION	♥♥♥♥	STUDIO 1
16.00 - 16.30	BODY STRETCH	♥♥♥♥	STUDIO 2
17.00 - 17.30	AQUA	♥♥♥♥	POOL
18.15 - 18.45	LBT'S	♥♥♥♥	STUDIO 1

MASTERCLASS

DATE	CLASS	PRESENTER
13.08.22	BODY BLITZ	DEBBIE LENNON
13.08.22	CHAMP RIDE	DEBBIE LENNON
13.08.22	FITNESS FUSION	DEBBIE LENNON
14.08.22	HIIT	DEBBIE LENNON
27.08.22	BODY BLITZ	EUGENE KIRBY
27.08.22	CHAMP RIDE	EUGENE KIRBY
28.08.22	HIIT	EUGENE KIRBY
28.08.22	CHAMP RIDE	EUGENE KIRBY

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 £8 supplement.

Cancellation on the day if the class was full or simply no show will result in a £3/£8 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.