

CHAMPNEYS EASTWELL MANOR: ACTIVITY SCHEDULE MARCH 2023

MONDAY

TIME	CLASS	INTENSITY	VENUE
7.00-7.30	CHAMP RIDE 30	♥♥♥	STUDIO
8.30-9.15	TOTAL BODY WORKOUT	♥♥♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
10.30-11.15	CIRCUITS	♥♥♥♥	STUDIO
11.30-12.00	CORE FUSION	♥♥♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00- 14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.00-15.30	GRATITUDE WALK	♥	OUTDOOR
15.45 -16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.00	HIIT	♥♥♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.00	BOX FIT	♥♥♥♥	STUDIO

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7.00-7.45	CHAMP RIDE 45	♥♥♥	STUDIO
8.30-9.00	HIIT	♥♥♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
9.30-10.25	VINYASA YOGA £	♥♥♥	STUDIO
10.45-11.15	CHAMP RIDE 30	♥♥♥♥	STUDIO
11.30-12.00	CIRCUITS	♥♥♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.00- 15.30	GRATITUDE WALK	♥	OUTDOOR
15.45-16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.00	TAI CHI £	♥♥♥	RELAX ROOM
19.15-20.00	BOOT CAMP CIRCUITS	♥♥♥♥	STUDIO

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7.00-07.30	CIRCUITS	♥♥♥	STUDIO
8.30-9.00	STRETCH	♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
9.30-10.15	POWERHOOP £	♥♥♥	STUDIO
10.30-11.15	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO
11.30-12.00	FOAM ROLLER	♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00- 14.45	FITNESS PILATES	♥♥♥	STUDIO
15.00- 15.30	GRATITUDE WALK	♥	OUTDOOR
15.45 -16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.00	CHAMP RIDE 30	♥♥♥♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.15-20.00	FITNESS PILATES	♥♥♥	STUDIO

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.00-7.45	FITNESS PILATES	♥♥♥	STUDIO
8.30-9.15	BODY SCULPT	♥♥♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
9.30-10.25	VINYASA YOGA £	♥♥♥♥	STUDIO
10.45-11.15	CHAMP RIDE 30	♥♥♥♥	STUDIO
11.30-12.00	CORE FUSION	♥♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.00- 15.30	GRATITUDE WALK	♥	OUTDOOR
15.45 -16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.15	LEGS, BUMS & TUMS	♥♥♥♥	STUDIO
18.30-19.00	AQUA	♥♥	POOL
19.30-20.30	RESTORATIVE YOGA £	♥♥	STUDIO

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7.00-7.30	HIIT	♥♥♥	STUDIO
8.30-09.25	VINYASA YOGA £	♥♥♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
10.30-11.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
11.30-12.00	CIRCUITS	♥♥♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00-14.45	COUNTRY HIKE	♥♥	OUTDOOR
15.00- 15.30	GRATITUDE WALK	♥	OUTDOOR
15.45 -16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.00	CHAMP RIDE 30	♥♥♥	STUDIO
18.15-19.00	TOTAL BODY WORKOUT	♥♥♥	STUDIO
19.15-19.45	STRETCH	♥	STUDIO

SATURDAY

TIME	CLASS	INTENSITY	VENUE
7.00-7.45	BODY SCULPT	♥♥♥	STUDIO
8.00-08.55	VINYASA YOGA £	♥♥♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
10.30-11.15	BOOT CAMP CIRCUITS	♥♥♥♥	STUDIO
11.30-12.00	CHAMP RIDE 30	♥♥♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00- 14.45	COUNTRY HIKE	♥♥	OUTDOOR
14.00-14.45	FITNESS PILATES	♥♥♥	STUDIO
15.00- 15.30	GRATITUDE WALK	♥	OUTDOOR
15.45 -16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.15	CIRCUITS	♥♥♥♥	STUDIO

SUNDAY

TIME	CLASS	INTENSITY	VENUE
8.30-09.15	BOOT CAMP CIRCUITS	♥♥♥♥	STUDIO
9.30-10.00	AQUA	♥♥	POOL
10.30-11.15	TOTAL BODY WORKOUT	♥♥♥	STUDIO
11.30-12.00	STRETCH	♥	STUDIO
12.30-13.00	GYM INTRO	♥	GYM
14.00-15.00	COUNTRY HIKE	♥♥	OUTDOOR
15.00- 15.30	GRATITUDE WALK	♥	OUTDOOR
15.45-16.15	STRETCH AND RELAX	♥	STUDIO
17.30-18.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
18.30-19.00	CORE FUSION	♥♥	STUDIO

MASTERCLASS

DATE	CLASS	PRESENTER
15TH MARCH	SOUNDBATH EVENT	MARTIN HOLMES

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.