

CHAMPNEYS HENLOW ACTIVITY SCHEDULE NOV 2020

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.30 - 09.00	POWER WALK	♥♥	FITNESS DESK
09.00 - 09.45	CHAMP RIDE 45	♥♥♥	STUDIO
10.00 - 10.30	HIIT	♥♥♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	STRETCH & RELAX	♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
14.00 - 14.30	BODYSULPT	♥♥♥	STUDIO
15.00 - 15.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.30	BODY STRETCH	♥♥♥	STUDIO
18.00 - 18.30	HIIT	♥♥♥♥	STUDIO
19.15 - 20.00	CHAMP RIDE 45	♥♥♥	STUDIO

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.00 - 08.30	FITNESS PILATES	♥♥♥	STUDIO
09.00 - 09.30	HIIT	♥♥♥♥	STUDIO
10.00 - 10.30	BODY STRETCH	♥♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
15.00 - 15.30	FITNESS PILATES	♥♥	STUDIO
16.00 - 16.30	YOGA £	♥♥	STUDIO
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.30	CHAMP RIDE 30	♥♥♥	STUDIO
18.00 - 18.30	BODYSULPT	♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥	POOL
19.30 - 20.15	YOGA £	♥♥	STUDIO

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.00 - 08.30	FITNESS PILATES	♥♥♥	STUDIO
09.00 - 09.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
10.00 - 10.30	HIIT	♥♥♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	YOGA £	♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
14.00 - 14.45	BODYSULPT	♥♥	STUDIO
15.00 - 15.45	STRETCH & RELAX	♥♥	STUDIO
16.30 - 17.00	AQUA	♥♥♥	POOL
17.00 - 17.30	LEGS,BUMS & TUMS	♥♥♥	STUDIO
18.30 - 19.00	AQUA	♥♥♥	POOL
19.15 - 20.00	CHAMP RIDE 45	♥♥♥	STUDIO

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.30 - 09.00	BODY STRETCH	♥♥♥	STUDIO
09.00 - 09.30	FITNESS PILATES	♥♥♥	STUDIO
10.00 - 10.45	CHAMP RIDE 45	♥♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
15.00 - 15.45	STRETCH & RELAX	♥♥	STUDIO
16.00 - 16.30	BODYSULPT	♥♥	STUDIO
16.30 - 17.00	AQUA	♥♥	POOL
17.00 - 17.30	HIIT	♥♥♥♥	STUDIO
18.00 - 18.30	CHAMP RIDE 30	♥♥♥	STUDIO
19.15 - 20.00	FITNESS PILATES	♥♥♥	STUDIO

TIME	CLASS	INTENSITY	STUDIO 1
07.30 - 08.00	AQUA	♥♥♥	POOL
08.30 - 09.00	POWER WALK	♥♥	FITNESS DESK
09.00 - 09.45	LEGS,BUMS & TUMS	♥♥♥	STUDIO
10.00 - 10.30	CHAMP RIDE 30	♥♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	BODYSULPT	♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
15.00 - 15.30	BODY STRETCH	♥♥	STUDIO
16.30 - 17.00	AQUA	♥♥	POOL
17.30 - 18.15	BARRE FUSION	♥♥♥	STUDIO
18.30 - 19.15	BARRE FUSION	♥♥♥	STUDIO
19.30 - 20.15	LEGS,BUMS & TUMS	♥♥	STUDIO

TIME	CLASS	INTENSITY	STUDIO 1
07.30 - 08.00	AQUA	♥♥♥	POOL
08.30 - 09.00	CORE FUSION	♥♥♥	STUDIO
09.00 - 09.30	POWER WALK	♥♥	FITNESS DESK
10.00 - 10.45	BODYSULPT	♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥	POOL
11.00 - 11.30	HIIT	♥♥♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
15.00 - 15.30	CORE FUSION	♥♥	STUDIO
16.30 - 17.00	AQUA	♥♥	POOL
18.00 - 18.45	STRETCH & RELAX	♥♥	STUDIO

TIME	CLASS	INTENSITY	STUDIO 1
07.30 - 08.00	AQUA	♥♥♥	POOL
08.30 - 09.00	POWER WALK	♥♥	FITNESS DESK
09.00 - 09.30	WAKE-UP W.OUT	♥♥	STUDIO
10.00 - 10.45	YOGA £	♥♥	STUDIO
10.30 - 11.00	AQUA	♥♥	POOL
11.00 - 11.45	YOGA £	♥♥	STUDIO
14.00 - 14.45	COUNTRY HIKE	♥	FITNESS DESK
14.00 - 14.45	STRETCH & RELAX	♥	STUDIO
15.00 - 15.45	LEGS,BUMS & TUMS	♥♥	STUDIO
16.00 - 16.30	CHAMP RIDE 30	♥♥	STUDIO
17.00 - 17.45	STRETCH & RELAX	♥♥	STUDIO
