

CHAMPNEYS EASTWELL MANOR: ACTIVITY SCHEDULE MARCH 2024

MONDAY

TIME	CLASS	INTENSITY	VENUE
0700-0730	CHAMP RIDE 30 £	♥♥♥♥	STUDIO
0830-0915	TOTAL BODY WORKOUT £	♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
1030-1115	CHAMP RIDE 45 £	♥♥♥♥	STUDIO
1130-1215	FITNESS PILATES £	♥♥♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1500-1530	GRATITUDE WALK	♥	OUTDOOR
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO
1730-1800	KETTLEBELLS £	♥♥♥♥♥	STUDIO
1830-1900	AQUA	♥♥♥♥	POOL
1915-2000	BOX FIT £	♥♥♥♥	STUDIO

TUESDAY

TIME	CLASS	INTENSITY	VENUE
0700-0745	FITNESS PILATES £	♥♥♥♥	STUDIO
0830-0900	HIIT £	♥♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
0930-1025	HATHA YOGA ££	♥♥♥♥	STUDIO
1045-1115	CHAMP RIDE 30 £	♥♥♥♥	STUDIO
1130-1200	CIRCUITS £	♥♥♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1400-1445	COUNTRY HIKE	♥♥	OUTDOOR
1500-1530	FOAM ROLLER £	♥	STUDIO
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO
1730-1815	CHAMP RIDE 45 £	♥♥♥♥	STUDIO
1845-1915	AQUA	♥♥♥♥	POOL
1915-2000	TAI CHI ££	♥♥♥♥	STUDIO
1930-2015	BOOT CAMP CIRCUITS £	♥♥♥♥♥	STUDIO

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
0700-0730	CIRCUITS £	♥♥♥♥	STUDIO
0830-0900	STRETCH £	♥♥	STUDIO
0915-1000	POWERHOOP ££	♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
1030-1115	TOTAL BODY WORKOUT £	♥♥♥♥	STUDIO
1130-1215	LEGS, BUMS & TUMS £	♥♥♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1400-1445	COUNTRY HIKE	♥♥	OUTDOOR
1500-1530	GRATITUDE WALK	♥	OUTDOOR
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO
1730-1800	CHAMP RIDE 30 £	♥♥♥♥	STUDIO
1830-1915	TOTAL BODY WORKOUT £	♥♥♥♥	STUDIO
1930-2015	FITNESS PILATES £	♥♥♥♥	STUDIO

THURSDAY

TIME	CLASS	INTENSITY	VENUE
0700-0745	CHAMP RIDE 45 £	♥♥♥♥	STUDIO
0800-0845	BODY SCULPT £	♥♥♥♥	STUDIO
0900-0955	HATHA YOGA ££	♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
1030-1115	FITNESS FUSION £	♥♥♥♥	STUDIO
1115-1145	STRETCH £	♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1400-1445	COUNTRY HIKE	♥♥	OUTDOOR
1500-1530	FOAM ROLLER £	♥	STUDIO
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO
1730-1815	LEGS, BUMS & TUMS £	♥♥♥♥	STUDIO
1845-1915	AQUA	♥♥♥♥	POOL
1930-2030	RESTORATIVE YOGA ££	♥♥	STUDIO

FRIDAY

TIME	CLASS	INTENSITY	STUDIO 1
0700-0730	HIIT £	♥♥♥♥♥	STUDIO
0830-0925	VINYASA YOGA ££	♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
1030-1115	CHAMP RIDE 45 £	♥♥♥♥	STUDIO
1130-1200	CIRCUITS £	♥♥♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1400-1445	COUNTRY HIKE	♥♥	OUTDOOR
1500-1530	GRATITUDE WALK	♥	OUTDOOR
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO
1730-1815	TOTAL BODY WORKOUT £	♥♥♥♥	STUDIO
1900-1930	STRETCH £	♥♥	STUDIO

SATURDAY

TIME	CLASS	INTENSITY	STUDIO 1
0700-0745	BODY SCULPT £	♥♥♥♥	STUDIO
0800-0855	VINYASA YOGA ££	♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
1030-1115	BOOT CAMP CIRCUITS £	♥♥♥♥♥	STUDIO
1130-1200	CHAMP RIDE 30 £	♥♥♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1400-1445	COUNTRY HIKE	♥♥	OUTDOOR
1500-1530	GRATITUDE WALK	♥	OUTDOOR
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO

SUNDAY

TIME	CLASS	INTENSITY	STUDIO 1
0830-0915	BOOT CAMP CIRCUITS £	♥♥♥♥♥	STUDIO
0930-1000	AQUA	♥♥♥♥	POOL
1030-1115	TOTAL BODY WORKOUT £	♥♥♥♥	STUDIO
1130-1200	CORE FUSION £	♥♥♥♥	STUDIO
1230-1300	GYM INTRO	♥	GYM
1400-1500	DOG FRIENDLY WALK	♥♥	OUTDOOR
1545-1615	STRETCH AND RELAX £	♥♥	STUDIO
1730-1815	CHAMP RIDE 45 £	♥♥♥♥	STUDIO
1845-1930	CORE FUSION £	♥♥♥♥	STUDIO

MASTERCLASS

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. There is a £3 charge for 30-minute classes and £5 for all other classes with the exception of £8 specialist classes

Aqua, walks, Gym Intro and virtual classes are complimentary. Please note that these classes have a £3 pre-booking fee.

Cancellation or no show to class on the day will result in the relevant £3/£5/£8 charge if class was full. For Club Member booking terms please see the Wellbeing & Fitness Desk/Members App.

At Champneys we encourage you to balance your stay/visit with classes that emphasise flexibility, strength and cardiovascular fitness to achieve optimal

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.