

CHAMPNEYS SPRINGS ACTIVITY SCHEDULE SEPTEMBER 2023

MONDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥♥	POOL
8.00 - 8.30	BODY BLITZ (E)	♥♥♥♥	STUDIO 1
8.30 - 9.25	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
9.00 - 9.30	CHAMP RIDE 30 (E)	♥♥♥♥♥	CYCLE STUDIO
10.00 - 10.30	LINE DANCING (E)	♥♥♥	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	PILATES CORE (E)	♥♥♥	STUDIO 2
12.00 - 12.30	BODY STRETCH (E)	♥♥	STUDIO 2
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	LBT'S (E)	♥♥♥	STUDIO 1
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
17.00 - 17.45	PADEL INTRO	♥♥♥	OUTDOORS
18.00 - 18.55	HATHA YOGA (E)	♥♥♥	STUDIO 2
18.00 - 18.45	CHAMP RIDE 45 (E)	♥♥♥♥♥	CYCLE STUDIO
18.15 - 18.45	HIIT (E)	♥♥♥♥♥	STUDIO 1
19.00 - 19.55	FIRE UP TO YIN YOGA (E)	♥♥♥	STUDIO 2
19.00 - 19.45	CHAMP RIDE 45 (E)	♥♥♥♥♥	CYCLE STUDIO

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥♥	POOL
8.00 - 8.45	CIRCUITS (E)	♥♥♥♥	STUDIO 1
8.00 - 8.55	HATHA YOGA (E)	♥♥♥♥	STUDIO 2
9.00 - 9.30	FITBALL (E)	♥♥♥	STUDIO 1
9.30 - 10.00	AQUA	♥♥♥	POOL
10.00 - 10.45	DANCE FIT (E)	♥♥♥	STUDIO 1
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	AQUA ZUMBA	♥♥♥	POOL
11.00 - 11.55	YOGA (E)	♥♥♥	STUDIO 2
12.00 - 12.45	MIND CALM (E)	♥	STUDIO 2
14.00 - 14.30	LBT'S (E)	♥♥	STUDIO 1
15.00 - 15.30	BODY STRETCH (E)	♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.00 - 18.45	TRADITIONAL MAT PILATES (E)	♥♥♥	STUDIO 2
18.00 - 18.30	CHAMP RIDE 30 (E)	♥♥♥♥♥	CYCLE STUDIO
18.30 - 19.00	AQUA	♥♥♥	POOL
18.40 - 19.10	CHAMP RIDE 30 (E)	♥♥♥♥♥	CYCLE STUDIO
19.00 - 19.55	YIN YOGA (E)	♥♥♥	STUDIO 2
19.15 - 20.00	BODYSULPT (E)	♥♥♥	STUDIO 1
20.00 - 20.55	YOGA NIDRA (E)	♥♥♥	STUDIO 2

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ (E)	♥♥♥	STUDIO 1
8.00 - 8.55	VINYASA YOGA (E)	♥♥♥	STUDIO 2
9.00 - 9.30	CHAMP RIDE 30 (E)	♥♥♥♥♥	CYCLE STUDIO
9.30 - 10.00	AQUA	♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	YOGA (E)	♥♥♥	STUDIO 2
11.00 - 11.55	CARDIO PADEL	♥♥♥	OUTDOORS
12.00 - 12.30	LBT'S (E)	♥♥♥	STUDIO 1
12.00 - 12.45	MEDITATION (E)	♥	STUDIO 2
14.00 - 14.45	PILATES CORE (E)	♥♥♥	STUDIO 2
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
17.15 - 18.10	HATHA YOGA (E)	♥♥♥	STUDIO 2
18.15 - 19.00	CIRCUITS (E)	♥♥♥	STUDIO 1
19.15 - 20.00	FREESTYLE FITNESS PILATES (E)	♥♥♥	STUDIO 2

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥	STUDIO 1
8.00 - 8.45	PADEL INTRO	♥♥♥	OUTDOORS
8.00 - 8.55	HATHA YOGA (E)	♥♥♥	STUDIO 2
9.00 - 9.45	PILATES CORE (E)	♥♥♥	STUDIO 2
10.00 - 10.45	DANCE FIT (E)	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.55	YOGA (E)	♥♥♥	STUDIO 2
12.00 - 12.45	GUIDED RELAXATION (E)	♥	STUDIO 2
14.00 - 14.30	BODY STRETCH (E)	♥	STUDIO 2
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	LBT'S (E)	♥♥♥	STUDIO 1
18.15 - 19.10	ASHTANGA VINYASA YOGA (E)	♥♥♥	STUDIO 2
19.15 - 20.10	RESTORATIVE YOGA (E)	♥♥	STUDIO 2
19.00 - 19.30	AQUA	♥♥♥	POOL

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ (E)	♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30 (E)	♥♥♥♥	CYCLE STUDIO
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	PILATES CORE (E)	♥♥♥	STUDIO 2
11.00 - 11.55	CARDIO PADEL	♥♥♥	OUTDOORS
12.00 - 12.30	FITBALL (E)	♥♥♥	STUDIO 1
14.00 - 14.55	COUNTRY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	BODY STRETCH (E)	♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.00 - 18.45	ZUMBA (E)	♥♥♥	STUDIO 1
18.50 - 19.30	BODYSULPT (E)	♥♥♥	STUDIO 1
19.00 - 19.55	YOGA NIDRA (E)	♥♥♥	STUDIO 2
19.30 - 20.00	AQUA	♥♥♥	POOL

SATURDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ (E)	♥♥♥	STUDIO 1
8.00 - 8.55	YIN YOGA (E)	♥♥	STUDIO 2
9.00 - 9.30	CHAMP RIDE 30 (E)	♥♥♥♥	CYCLE STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
10.00 - 10.45	TRADITIONAL MAT PILATES (E)	♥♥♥	STUDIO 2
11.00 - 11.30	GYM INTRODUCTION	♥	GYM
11.00 - 11.45	DANCE FIT (E)	♥♥	STUDIO 1
12.00 - 12.45	PADEL INTRO	♥♥♥	OUTDOORS
14.00 - 14.55	COUNTRY WALK	♥♥♥	OUTDOORS
15.00 - 15.30	BODY STRETCH (E)	♥♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	FITBALL (E)	♥♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY STRETCH (E)	♥♥	STUDIO 2
9.00 - 9.30	HIIT (E)	♥♥♥♥	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	PILATES CORE (E)	♥♥	STUDIO 2
14.00 - 14.55	DOG FRIENDLY WALK	♥♥	OUTDOORS
15.00 - 15.30	BODY STRETCH (E)	♥	STUDIO 2
15.30 - 15.55	GRATITUDE WALK	♥	OUTDOORS
16.00 - 16.45	FUSION 45 (E)	♥♥♥	STUDIO 1
17.00 - 17.30	AQUA	♥♥♥	POOL
18.15 - 18.45	LBT'S (E)	♥♥	STUDIO 1

MASTERCLASS

DATE	CLASS	PRESENTER
02.09.23	TBC	JENNIFER HOLLINS
02.09.23	TBC	JENNIFER HOLLINS
03.09.23	TBC	JENNIFER HOLLINS
03.09.23	TBC	JENNIFER HOLLINS
09.09.23	BODY BLITZ	EUGENE KIRBY
09.09.23	CHAMP RIDE	EUGENE KIRBY
10.09.23	HIIT	EUGENE KIRBY
10.09.23	CHAMP RIDE	EUGENE KIRBY
16.09.23	NIA	JANE FRANCIS
16.09.23	YOGA FLOW	JANE FRANCIS
17.09.23	NIA	JANE FRANCIS
17.09.23	YOGA FLOW	JANE FRANCIS
23.09.23	NIA	CAROL HAY
23.09.23	NIA	CAROL HAY
24.09.23	NIA	CAROL HAY
24.09.23	NIA	CAROL HAY
30.09.23	BODY BLITZ	DEBBIE LENNON
30.09.23	CHAMP RIDE	DEBBIE LENNON
30.09.23	CONDITIONING	DEBBIE LENNON
01.10.23	HIIT	DEBBIE LENNON

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, Padel 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.

VIRTUAL CHAMP RIDE CLASSES NOW AVAILABLE - DOWNLOAD THE 'STAGES STUDIO+' APP FOR FURTHER DETAILS AND BOOKING

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