

## CHAMPNEYS MOTTRAM HALL ACTIVITY SCHEDULE DEC 2020

## MONDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.45	CHAMP RIDE 45	♥♥♥♥	STUDIO
9.15 - 10.00	LEGS, BUMS & TUMS	♥♥♥	STUDIO
10.30 - 11.15	KETTLEBELLS	♥♥♥♥	STUDIO
11.30 - 12.15	BODY BALANCE	♥♥♥	STUDIO
12.15 - 13.00	VIRTUAL SH'BAM	♥♥♥♥	STUDIO
14.00 - 14.45	FITNESS PILATES	♥♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY COMBAT	♥♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO
18.15 - 18.45	HIIT (30 MINS)	♥♥♥♥♥	STUDIO
19.15 - 20.00	YOGA (£)	♥♥♥	STUDIO
20.00 - 20.45	VIRTUAL CYCLE	♥♥♥♥	STUDIO

## TUESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.45	CHAMP RIDE 45	♥♥♥♥	STUDIO
9.15 - 10.00	BODY SCULPT	♥♥♥	STUDIO
10.30 - 11.15	VIRTUAL BODY COMBAT	♥♥♥♥	STUDIO
11.30 - 12.15	YOGA (£)	♥♥♥	STUDIO
12.30 - 13.00	AQUA	♥♥♥	SPA POOL
14.00 - 14.30	HIIT (30 MINS)	♥♥♥♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO
18.15 - 19.00	BODY PUMP	♥♥♥♥	STUDIO
19.15 - 19.45	CHAMP RIDE 30	♥♥♥♥	STUDIO
20.00 - 20.45	FITNESS PILATES	♥♥♥	STUDIO

## WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.45	KETTLEBELLS	♥♥♥♥	STUDIO
9.15 - 10.00	BODY BALANCE	♥♥♥	STUDIO
10.30 - 11.15	BODY SCULPT	♥♥♥	STUDIO
11.30 - 12.00	HIIT (30 MINS)	♥♥♥♥♥	STUDIO
12.15 - 13.00	FITNESS PILATES	♥♥♥	STUDIO
14.00 - 14.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL BODY COMBAT	♥♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO
18.15 - 19.00	BODY SCULPT	♥♥♥	STUDIO
19.15 - 20.00	FITNESS PILATES	♥♥♥	STUDIO
20.00 - 20.45	CHAMP RIDE 45	♥♥♥♥	STUDIO

## THURSDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.30	HIIT (30 MINS)	♥♥♥♥♥	STUDIO
9.15 - 10.00	CHAMP RIDE 45	♥♥♥♥	STUDIO
10.30 - 11.15	BODY BALANCE	♥♥♥♥	STUDIO
11.30 - 12.15	BODY PUMP	♥♥♥	STUDIO
12.30 - 13.00	AQUA	♥♥♥	SPA POOL
14.00 - 14.30	HIIT (30 MINS)	♥♥♥♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO
18.15 - 19.00	YOGA (£)	♥♥♥	STUDIO
19.15 - 20.00	CHAMP RIDE 45	♥♥♥♥	STUDIO
20.00 - 20.45	CIRCUIT TRAINING	♥♥♥	STUDIO

## FRIDAY

TIME	CLASS	INTENSITY	VENUE
7.00 - 7.45	CHAMP RIDE 45	♥♥♥♥	STUDIO
9.15 - 10.00	CHAMP RIDE 45	♥♥♥♥	STUDIO
10.30 - 11.15	VIRTUAL BODY COMBAT	♥♥♥♥	STUDIO
11.30 - 12.15	BODY SCULPT	♥♥♥	STUDIO
12.15 - 13.00	VIRTUAL BODY BALANCE	♥♥♥	STUDIO
14.00 - 14.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY COMBAT	♥♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO
18.15 - 19.00	STRETCH & RELAX	♥♥	STUDIO
19.15 - 19.45	HIIT (30 MINS)	♥♥♥♥♥	STUDIO

## SATURDAY

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.30	KETTLEBELLS	♥♥♥♥	STUDIO
9.15 - 10.00	CHAMP RIDE 45	♥♥♥♥	STUDIO
10.30 - 11.15	LEGS, BUMS & TUMS	♥♥♥	STUDIO
11.30 - 12.00	HIIT (30 MINS)	♥♥♥♥♥	STUDIO
12.15 - 13.00	VIRTUAL BODY BARRE	♥♥♥	STUDIO
14.00 - 14.45	STRETCH & RELAX	♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL BODY COMBAT	♥♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO
18.15 - 19.00	VIRTUAL BODY BARRE	♥♥♥♥	STUDIO

## SUNDAY

TIME	CLASS	INTENSITY	VENUE
9.15 - 10.00	YOGA (£)	♥♥♥	STUDIO
10.30 - 11.15	KETTLEBELLS	♥♥♥♥	STUDIO
11.30 - 12.15	CHAMP RIDE 45	♥♥♥♥	STUDIO
12.15 - 13.00	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO
14.00 - 14.45	STRETCH & RELAX	♥♥	STUDIO
15.00 - 15.45	VIRTUAL BODY BARRE	♥♥♥	STUDIO
16.00 - 16.45	VIRTUAL SH'BAM	♥♥♥	STUDIO
17.00 - 17.45	VIRTUAL BODY BALANCE	♥♥♥	STUDIO
18.15 - 19.00	VIRTUAL BODY PUMP	♥♥♥♥	STUDIO

## 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

## SAFETY

Please adhere to social distancing at all times. We ask that you also sanitise your hands on entering the studio and studio and before leaving the studio and club to keep yourself and others safe.

## 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.

## BOOKING

Please book all classes via the Club Members App or via the Club Members Website. All classes with a (£) have an additional charge for guests when booking.

We ask that all members attend all classes booked. If not, we have introduced a No-Show & Cancellation policy to ensure fairness and equal attendance to other members.

## CANCELLATION POLICY

You are allowed to cancel your session up to 4 hours before the session without charge.

If you cancel within the 4 hrs before the session you will be charged £6.

## NO SHOW POLICY

One missed session – you will receive an automatic notification reminder to inform you of your missed session.

Two missed sessions – you will be charged £6 for the missed session.

Three missed classes – you will be charged £6 and you will be blocked from booking any session for 7 days.

## WATER

Water bottles are available from the boutique/Wellbeing & Fitness Reception, you are reminded to take plenty of fluids during and after exercise.