

CHAMPNEYS HENLOW: ACTIVITY SCHEDULE SEPTEMBER 2023

MONDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.15 - 08.45	POWER WALK	♥♥♥	FITNESS DESK
09.00 - 09.45	FITNESS PILATES £	♥♥♥	STUDIO
09.00 - 09.30	CHAMP RIDE 30 £	♥♥♥♥♥	SPIN STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.45	CHAMP STRENGTH	♥♥♥♥	URBAN GYM
11.00 - 11.55	HATHA YOGA £	♥♥	STUDIO
12.00 - 12.55	BREATH & MEDITATION £	♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	CIRCUITS £	♥♥♥♥	STUDIO
15.00 - 15.30	BODY SCULPT £	♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥	POOL
17.15 - 17.45	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
18.00 - 18.30	AQUA	♥♥♥	POOL
18.00 - 18.55	VINYASA YOGA £	♥♥♥	STUDIO
19.00 - 19.45	ZUMBA £	♥♥♥♥	STUDIO
19.00 - 19.45	CHAMPILATES £	♥♥♥	URBAN GYM

FRIDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WORKOUT £	♥♥♥	STUDIO
09.00 - 09.45	FITNESS PILATES £	♥♥♥	STUDIO
09.00 - 09.30	URBAN FUSION £	♥♥♥♥♥	URBAN GYM
09.30 - 10.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00 - 10.55	HATHA YOGA £	♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
10.30 - 11.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
11.00 - 11.45	STRETCH & RELAX £	♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	CIRCUITS £	♥♥♥♥	STUDIO
17.15 - 17.45	CHAMP BOX £	♥♥♥♥♥	URBAN GYM
17.30 - 18.15	BARRE FUSION £	♥♥♥♥	STUDIO
18.00 - 18.30	KETTLEBELL £	♥♥♥	STUDIO
18.30 - 19.15	BARRE FUSION £	♥♥♥♥	STUDIO
19.00 - 19.30	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
19.30 - 20.15	YIN YOGA £	♥♥♥	STUDIO

TUESDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	KETTLEBELL £	♥♥♥	URBAN GYM
09.00 - 09.45	BARRE FUSION £	♥♥♥	STUDIO
09.00 - 09.30	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
09.30 - 10.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00 - 10.45	FITSTEPS £	♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
10.30 - 11.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
11.00 - 11.55	PADEL INTRO	♥♥♥	FITNESS DESK
11.00 - 11.55	VINYASA YOGA £	♥♥♥	STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.30	BODY STRETCH £	♥♥	STUDIO
15.00 - 15.45	FITNESS PILATES £	♥♥♥	STUDIO
16.00 - 16.30	AQUA	♥♥♥	POOL
17.15 - 17.45	URBAN POWER £	♥♥♥♥♥	URBAN GYM
18.00 - 18.45	BODYSULPT £	♥♥♥	STUDIO
19.00 - 19.30	CHAMP RIDE 30 £	♥♥♥♥♥	SPIN STUDIO

SATURDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.15 - 08.45	MORNING MOBILITY £	♥♥♥	STUDIO
09.00 - 09.45	BODY SCULPT £	♥♥♥	STUDIO
09.30 - 10.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
10.00 - 10.45	ZUMBA £	♥♥♥♥	STUDIO
10.30 - 11.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
11.00 - 11.30	URBAN POWER £	♥♥♥♥♥	URBAN GYM
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.30	CORE STABILITY £	♥♥	STUDIO
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
15.00 - 15.30	GRATITUDE WALK	♥♥	FITNESS DESK
16.00 - 16.30	AQUA	♥♥♥	POOL
17.15 - 18.00	BODY SCULPT £	♥♥♥	STUDIO
18.15 - 19.00	STRETCH & RELAX £	♥♥	STUDIO
19.00 - 19.55	PADEL INTRO	♥♥♥	FITNESS DESK

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
07.00 - 07.30	AQUA	♥♥♥	POOL
08.00 - 08.45	FITNESS PILATES £	♥♥♥	STUDIO
08.15 - 08.45	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
09.00 - 09.30	CHAMP STRENGTH £	♥♥♥♥	URBAN GYM
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.30	URBAN POWER £	♥♥♥♥♥	URBAN GYM
11.00 - 11.55	VINYASA YOGA £	♥♥♥	STUDIO
11.00 - 11.55	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.45	CIRCUITS £	♥♥♥♥	STUDIO
15.00 - 15.30	GRATITUDE WALK	♥♥	FITNESS DESK
16.00 - 16.30	BODY STRETCH £	♥♥	STUDIO
17.15 - 17.45	EXPRESS LBT £	♥♥♥	STUDIO
18.00 - 18.30	AQUA	♥♥♥	POOL
18.00 - 18.45	CHAMPBLEND £	♥♥♥	STUDIO
19.00 - 19.45	CIRCUITS £	♥♥♥♥	STUDIO
19.00 - 19.30	CHAMP STRENGTH	♥♥♥	URBAN GYM

SUNDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WOKROUT £	♥♥♥	STUDIO
09.00 - 09.55	HATHA YOGA £	♥♥	STUDIO
10.00 - 10.55	HATHA YOGA £	♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.30	URBAN FUSION £	♥♥♥♥♥	URBAN GYM
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK*	♥♥	FITNESS DESK
14.00 - 14.30	EXPRESS LBT £	♥♥♥	STUDIO
15.00 - 15.30	FOAM ROLLING £	♥♥	STUDIO
16.00 - 16.30	CHAMP RIDE 30 £	♥♥♥♥♥	SPIN STUDIO
17.15 - 18.00	STRETCH & RELAX £	♥♥	STUDIO
18.30 - 19.15	CIRCUITS £	♥♥♥♥	STUDIO

THURSDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	CORE STABILITY £	♥♥♥	STUDIO
09.00 - 09.45	CHAMP BLEND £	♥♥♥	STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 - 11.30	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
13.00 - 13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00 - 14.30	FOAM ROLLING £	♥♥	STUDIO
15.00 - 15.55	PADEL INTRO	♥♥♥	FITNESS DESK
15.00 - 15.30	GRATITUDE WALK	♥♥	FITNESS DESK
16.00 - 16.30	AQUA	♥♥♥	POOL
17.00 - 17.55	BREATH & MEDITATION £	♥♥	STUDIO
17.15 - 17.45	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
18.00 - 18.45	CHAMP RIDE 45 £	♥♥♥♥♥	SPIN STUDIO
18.15 - 19.00	FITSTEPS £	♥♥♥	STUDIO
19.00 - 19.45	CHAMP BOX £	♥♥♥♥♥	URBAN GYM
19.00 - 20.00	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
19.15 - 20.00	FITNESS PILATES £	♥♥♥	STUDIO

MASTERCLASS

9th Sept 8.15am Morning Flow Pilates	Niki Shokar
9th Sept 11am Pilates Strengthen & Lengthen	Niki Shokar
9th Sept 3pm Groove	Michelle Gilbert
9th Sept 7pm Groove	Michelle Gilbert
10th Sept 8.15am Morning Flow Pilates	Niki Shokar
10th Sept 11am Pilates Strengthen & Lengthen	Niki Shokar
10th Sept Groove	Michelle Gilbert
10th Sept Groove	Michelle Gilbert

16th Sept 11am Barre	Kelly Holmes
16th Sept 2pm Full Body Tone	Lorraine Wilson
16th Sept 3pm Aerobics	Lorraine Wilson
16th Sept 6.15pm Stretch & Relax	Kelly Holmes
17th Sept 8.15am Stretch & Tone	Lorraine Wilson
17th Sept 2pm Barre	Kelly Holmes
17th Sept 3pm Full Body Tone	Lorraine Wilson

23rd Sept 8.15am Morning Mobility	Chris Roberts
23rd Sept 11am Dance Party	Chris Roberts
24th 8.15am Wake up Workout	Chris Roberts
24th 11am Dance Party	Chris Roberts

30th Sept 8.15am Morning Flow Pilates	Niki Shokar
30th Sept 11am Pilates Strengthen & Lengthen	Niki Shokar
30th Sept 11am Urban HIIT	Janet Nash
30th Sept 3pm Yoga	Janet Nash

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

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/£20 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/£20 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.