

CHAMPNEYS TRING: ACTIVITY SCHEDULE NOVEMBER 2020

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
10.00 - 10.45	BODY SCULPT	♥♥♥♥	STUDIO 1
10.30 - 11.00	AQUA FIT	♥♥♥♥	POOL
11.00 - 11.45	BODY SCULPT	♥♥♥♥	STUDIO 1
11.00 - 11.45	FITNESS PILATES	♥♥♥♥	CRYSTAL ROOM
2.00 - 2.55	COUNTRY WALK	♥♥	FITNESS DESK
3.00 - 3.30	HIIT	♥♥♥♥♥	STUDIO 1
4.00 - 4.30	LEGS, BUMS AND TUMS	♥♥♥♥	STUDIO 1
4.30 - 5.00	AQUA FIT	♥♥♥♥	POOL
5.00 - 5.30	KETTLEBELL WORKOUT	♥♥♥♥	STUDIO1
6.00 - 6.45	VINYASA YOGA (£6)	♥♥♥♥	CRYSTAL ROOM
6.30 - 7.00	AQUA FIT	♥♥♥♥	POOL
7.00 - 7.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥♥	FITNESS DESK
9.00 - 9.30	HIIT	♥♥♥♥♥	STUDIO 1
10.00 - 10.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
10.30 - 11.00	AQUA FIT	♥♥♥♥	POOL
11.00 - 11.45	BODY SCULPT	♥♥♥♥	STUDIO 1
12.00 - 12.45	BODY SCULPT	♥♥♥♥	STUDIO 1
2.00 - 2.45	COUNTRY WALK	♥♥♥	FITNESS DESK
3.00 - 3.30	BOOTCAMP	♥♥♥♥	STUDIO 1
4.00 - 4.30	CORE BALANCE	♥♥♥	CRYSTAL ROOM
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.45	HATHA YOGA (£6)	♥♥♥	CRYSTAL ROOM
5.00 - 5.45	BODY SCULPT	♥♥♥♥	STUDIO 1
6.00 - 6.45	FITNESS PILATES	♥♥♥	CRYSTAL ROOM
7.00 - 7.30	STRETCH AND RELAX	♥♥	CRYSTAL ROOM

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	HATHA YOGA (£6)	♥♥♥	CRYSTAL ROOM
9.00 - 9.30	KETTLEBELL WORKOUT	♥♥♥	STUDIO 1
10.00 - 10.45	FITNESS PILATES	♥♥♥	CRYSTAL ROOM
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
11.00 - 11.45	CHAMP RIDE 45	♥♥♥	CYCLE STUDIO
11.00 - 11.30	LEGS, BUMS AND TUMS	♥♥♥	STUDIO 1
2.00 - 2.55	NORDIC WALK	♥♥♥	FITNESS DESK
3.00 - 3.30	LOOP BAND WORKOUT	♥♥♥	STUDIO 1
4.00 - 4.30	STRETCH & RELAX	♥♥	CRYSTAL ROOM
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.30	HIIT	♥♥♥♥♥	STUDIO 1
6.00 - 6.45	BODY SCULPT	♥♥♥	STUDIO 1
7.00 - 7.30	BOXING CIRCUITS	♥♥♥	URBAN GYM

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥	CYCLE STUDIO
10.00 - 10.45	BODY SCULPT	♥♥♥♥	STUDIO 1
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	CRYSTAL
2.00 - 2.45	COUNTRY WALK	♥♥♥	FITNESS DESK
3.00 - 3.30	HIIT	♥♥♥♥♥	STUDIO 1
4.00 - 4.30	STRETCH & RELAX	♥♥	CRYSTAL
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.30	BOOTCAMP	♥♥♥	STUDIO 1
6.00 - 6.45	FITNESS PILATES	♥♥♥	CRYSTAL
6.30 - 7.00	AQUA FIT	♥♥♥	POOL
7.00 - 7.45	HATHA YOGA (£6)	♥♥	CRYSTAL

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.45	CHAMP RIDE 45	♥♥♥	CYCLE STUDIO
10.00 - 10.45	FITNESS PILATES	♥♥♥	CRYSTAL ROOM
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
11.00 - 11.45	BODY SCULPT	♥♥♥	STUDIO 1
2.00 - 2.45	COUNTRY WALK	♥♥	FITNESS DESK
3.00 - 3.45	HIIT	♥♥♥♥♥	STUDIO 1
4.00 - 4.30	STRETCH & RELAX	♥♥	CRYSTAL ROOM
4.30 - 5.00	AQUA FIT	♥♥♥	POOL
5.00 - 5.30	LEGS, BUMS AND TUMS	♥♥♥	STUDIO 1
6.00 - 6.30	BOXING CIRCUITS	♥♥♥	URBAN GYM

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	FITNESS PILATES	♥♥♥	CRYSTAL
9.00 - 9.30	KETTLEBELL WORKOUT	♥♥♥	STUDIO 1
10.00 - 10.45	CHAMP RIDE 45	♥♥♥	CYCLE
10.30 - 11.00	AQUA FIT	♥♥	POOL
11.15 - 12.00	MEDITATION YOGA (£6)	♥	CRYSTAL
2.00 - 2.55	NORDIC WALK	♥♥	FITNESS DESK
3.00 - 3.30	BOOTCAMP	♥♥♥	STUDIO 1
4.00 - 4.30	STRETCH & RELAX	♥	CRYSTAL
4.30 - 5.00	AQUA FIT	♥♥	POOL
5.00 - 5.30	HIIT	♥♥♥♥	STUDIO 1
6.00 - 6.30	BOXING CIRCUITS	♥♥♥	URBAN GYM

TIME	CLASS	INTENSITY	VENUE
8.00 - 8.45	MORNING WALK	♥♥	FITNESS DESK
9.00 - 9.45	YIN YOGA (£6)	♥♥	CRYSTAL
10.00 - 10.45	FITNESS PILATES	♥♥	CRYSTAL
10.30 - 11.00	AQUA FIT	♥♥	POOL
11.00 - 11.45	CHAMP RIDE 45	♥♥	CYCLE
12.00 - 12.45	DANCE FIT	♥♥	STUDIO 1
2.00 - 2.45	COUNTRY WALK	♥♥	FITNESS DESK
3.00 - 3.30	BOOTCAMP	♥♥	STUDIO 1
4.00 - 4.45	BODY SCULPT	♥♥	STUDIO 1
4.30 - 5.00	AQUA FIT	♥♥	POOL
5.00 - 5.30	STRETCH & RELAX	♥	CRYSTAL
6.00 - 6.30	HIIT	♥♥♥♥	STUDIO 1

DATE	CLASS	PRESENTER
DAILY VIRTUAL RIDE	TIME	LOCATION