

## CHAMPNEYS SPRINGS ACTIVITY SCHEDULE NOVEMBER 2020

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.30	POWER WALK	♥♥♥	OUTDOORS
15.00 - 15.30	FITBALL	♥♥♥	STUDIO 1
16.00 - 16.30	FITNESS FUSION	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.00 - 18.30	HIIT	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 1

TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
8.00 - 8.30	BODY BLITZ	♥♥♥♥	STUDIO 1
9.00 - 9.30	PHUSION	♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
14.00 - 14.30	LBT'S	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.00 - 18.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
19.00 - 19.45	BODYSculpT	♥♥♥	STUDIO 1

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9.00 - 9.30	CHAMP RIDE 30	♥♥♥♥♥	STUDIO 1
10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
14.00 - 14.30	FITNESS PILATES	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	LBT'S	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.00 - 18.30	HIIT	♥♥♥♥♥	STUDIO 1
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10.30 - 11.00	AQUA	♥♥♥	POOL
11.00 - 11.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
14.00 - 14.30	FITBALL	♥♥♥	STUDIO 1
15.00 - 15.30	POWER WALK	♥♥♥	OUTDOORS
16.00 - 16.30	PHUSION	♥♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL
18.00 - 18.30	LBT'S	♥♥♥	STUDIO 1
19.00 - 19.45	HATHA YOGA (£)	♥♥♥	STUDIO 1
19.15 - 19.45	AQUA	♥♥♥	POOL

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18.00 - 18.30	HIIT	♥♥♥♥♥	STUDIO 1
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16.00 - 16.30	BODY STRETCH	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA	♥♥♥	POOL

DATE	CLASS	PRESENTER
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