

CHAMPNEYS HENLOW: ACTIVITY SCHEDULE MARCH 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 - 11.30	URBAN POWER	♥♥♥♥♥	URBAN GYM
11.00 - 11.55	HATHA YOGA £	♥♥	STUDIO
12.00 -12.55	PRANAYAMA YOGA £	♥♥	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
17.15-17.45	URBAN HIIT	♥♥♥♥♥	URBAN GYM
18.00 - 18.55	AQUA	♥♥♥	POOL
18.00-18.55	VINYASA YOGA £	♥♥♥	STUDIO
19.00-19.45	ZUMBA	♥♥♥	STUDIO
19.00-19.30	CHAMP RIDE 30	♥♥♥♥♥	SPIN STUDIO
20.00-20.55	TRANSFORMER PILATES ££	♥♥♥♥♥	TF 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	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00 -10.45	FITSTEPS	♥♥♥	STUDIO
10.00 -10.30	AQUA	♥♥♥	POOL
10.30 -11.30	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
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	AB ATTACK	♥♥♥	STUDIO

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 RIDE 30	♥♥♥♥♥	SPIN STUDIO
10.00 - 10.30	AQUA	♥♥♥	POOL
11.00 -11.55	URBAN POWER	♥♥♥♥♥	URBAN GYM
11.00 - 11.55	VINYASA YOGA £	♥♥♥	STUDIO
11.00-11.55	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
13.00-13.30	GYM INTRO	♥♥♥	GYM
14.00 - 14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	CIRCUITS	♥♥♥♥	STUDIO
16.00-16.30	BODY STRETCH	♥♥	STUDIO
17.15-17.45	EXPRESS LBT	♥♥♥	STUDIO
18.00-18.30	AQUA	♥♥♥	POOL
19.00-19.45	CIRCUITS	♥♥♥	STUDIO
19.00-19.30	URBAN FUSION	♥♥♥♥♥	URBAN GYM

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	CORE FUSION	♥♥♥	STUDIO
09.00 - 09.30	BODY STRETCH	♥♥♥	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
16.00 - 16.30	AQUA	♥♥♥	POOL
17.00 -17.55	PRANAYAMA YOGA £	♥♥	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	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
19.15-20.00	FITNESS PILATES	♥♥♥	STUDIO

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	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00-10.55	HATHA YOGA £	♥♥	STUDIO
10.00 -10.30	AQUA	♥♥♥	POOL
10.30 -11.30	TRANSFORMER 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

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	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00-10.30	AQUA	♥♥♥	POOL
10.00 - 10.30	ZUMBA	♥♥♥	STUDIO
10.30 -11.30	TRANSFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
11.00 -11.30	URBAN POWER	♥♥♥♥♥	URBAN GYM
13.00 -13.30	GYM INTRO	♥♥♥	GYM
14.00 -14.30	HULA HOOP	♥♥	STUDIO
14.00 -14.45	COUNTRY WALK	♥♥	FITNESS DESK
16.00 -16.30	AQUA	♥♥♥	POOL
17.15 -18.00	BODY SCULPT	♥♥♥	STUDIO
18.15 -19.00	STRETCH & RELAX	♥♥	STUDIO

SUNDAY			
TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WORKOUT	♥♥♥	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

* SUNDAYS DOG FRIENDLY WALK

MASTERCLASS			
Helen Pybus			
Sat 4th	9am	Pilates mobilize your spine	
Sat 4th	11am	Loop band Pilates	
Sun 5th	11am	Pilates Stretch	
Sun 5th	2pm	Loop Band Pilates stretch	
Maddie Long			
Sat 11th	9am	Dance	
Sat 11th	5.15pm	Line Dancing	
Sun 12th	11am	Line Dancing	
Sun 12th	4pm	Dance	
Chris Roberts			
Sat 18th	11am	80s Dance Party	
Sat 18th	5.15pm	Cardio Latino	
Sun 19th	8.15am	Body Conditioning	
Sun 19th	11am	Dance Fit	
Sandra Lau			
Sat 25th	10am	Aqua	
Sat 25th	5.15pm	Body Sculpt	
Sun 26th	7.30am	Champ Toning	
Sun 26th	10am	Aqua	
To book your Transformer Pilates & Find out about Prices & Packages please visit the Fitness Desk.			

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.

Classes can be booked free of charge on the day subject to availability unless there is a £ sign shown which refers to a £8 supplement.

Cancellation on the day if the class was full or simply no show will result in a £3/£8 charge depending on the class.

For Club Member booking terms please see the Wellbeing & Fitness Desk.

At Champneys we encourage you to balance your stay/visit with classes that emphasise flexibility, strength and cardiovascular fitness to achieve optimal wellbeing.

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.

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

If you wish to guarantee a place in your favourite class there is the option to pre-book the class a day before for £3. All outdoors classes will only run with a minimum number of 2 participants.