

CHAMPNEYS FOREST MERE: ACTIVITY SCHEDULE MARCH 2023

MONDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:45	BODYSULPT	♥♥♥♥	STUDIO 2
8:00 - 8:30	LAKESIDE WALK	♥♥	F & W DESK
9:15 - 9:45	AQUA FIT	♥♥♥	POOL
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
9:00 - 9:55	SEASONAL FLOW YOGA £	♥♥♥	STUDIO 1
10:00 - 10:30	CIRCUITS	♥♥♥♥	STUDIO 2
10:30 - 11:00	GYM INTRO	♥	GYM
11:00 - 11:45	PILATES CORE	♥♥♥	STUDIO 1
12:00 - 12:25	HEALING MEDITATION £	♥	STUDIO 1
13:00 - 13:45	BOXERCISE	♥♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
15:00 - 15:45	STRETCH & FLOW	♥♥♥	STUDIO 1
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00 - 17:55	SEASONAL YOGA £	♥♥♥	STUDIO 1
18:00 - 18:45	PILATES CORE	♥♥♥	STUDIO 1
18:00 - 18:45	ZUMBA	♥♥♥	STUDIO 2
19:00 - 19:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19:00 - 19:45	TOTAL BARRE	♥♥♥	STUDIO 1

TUESDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:45	CIRCUITS	♥♥♥	STUDIO 2
8:00 - 8:30	LAKESIDE WALK	♥♥	F & W DESK
8:00 - 8:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
9:00 - 9:30	AQUA FIT	♥♥♥	POOL
9:00 - 9:45	PILATES CORE	♥♥♥	STUDIO 1
10:00 - 10:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:30 - 11:25	FLOW YOGA £	♥♥♥	STUDIO 1
12:00 - 12:55	MEDITATION £	♥	STUDIO 1
13:00 - 13:30	GYM INTRO	♥	GYM
13:30 - 14:00	HEALING MEDITATION £	♥	STUDIO 1
14:00 - 14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00 - 14:45	COUNTRY HIKE	♥♥	F & W DESK
14:45 - 15:25	BOXERCISE	♥♥♥	STUDIO 2
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
15:30 - 16:00	LINE DANCING	♥♥	STUDIO 2
16:30 - 17:00	BODY STRETCH	♥	STUDIO 1
17:15 - 18:00	AEROBICS	♥♥♥	STUDIO 2
17:30 - 18:00	AQUA FIT	♥♥♥	POOL
18:15 - 19:00	CIRCUITS	♥♥♥	STUDIO 2
18:00 - 18:55	FLOW YOGA £	♥♥♥	STUDIO 1
19:00 - 19:55	DEEP STRETCH & TONE	♥♥♥	STUDIO 1

WEDNESDAY

TIME	CLASS	INTENSITY	VENUE
7:00 - 7:30	AQUA FIT	♥♥♥	POOL
8:00 - 8:45	PILATES CORE	♥♥♥	STUDIO 1
8:00 - 8:30	LAKESIDE WALK	♥♥	F & W DESK
9:00 - 9:30	GYM INTRO	♥	GYM
9:00 - 9:55	FLOW YOGA £	♥♥♥	STUDIO 1
9:00 - 9:45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10:00 - 10:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
10:00 - 10:45	WELLBEING / FITNESS TALK	♥	STUDIO 1
11:00 - 11:30	HIIT	♥♥♥	STUDIO 2
11:00 - 11:55	SEASONAL YIN YOGA £	♥♥	STUDIO 1
13:00 - 13:30	CIRCUITS	♥♥♥	STUDIO 2
14:00 - 14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00 - 15:30	BODY STRETCH	♥♥	STUDIO 1
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
16:00 - 16:30	AQUA FIT	♥♥♥	POOL
17:00 - 17:55	FLOW YOGA £	♥♥♥	STUDIO 1
18:00 - 18:45	TAI CHI £	♥♥	STUDIO 1
18:00 - 18:45	CHAMP RIDE 45	♥♥♥♥	STUDIO 2
19:00 - 19:30	CORE FUSION	♥♥♥	STUDIO 2
19:00 - 19:55	KUNDALINI YOGA £	♥♥♥	STUDIO 1

THURSDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥	POOL
8:00-8:30	LAKESIDE WALK	♥♥♥	F & W DESK
8:00-8:45	BODYSULPT	♥♥♥	STUDIO 2
9:00-9:45	BARRE FUSION	♥♥♥	STUDIO 2
9:15-10:00	CHI BALL £	♥♥	STUDIO 1
9:30-10:00	AQUA FIT	♥♥♥	POOL
10:00-10:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
10:15-11:10	PELVIC FLOOR HEALTH £	♥♥	STUDIO 1
11:00 - 11:30	HIIT	♥♥♥	STUDIO 2
12:00-12:55	MEDITATION £	♥	STUDIO 1
13:00 - 13:30	GYM INTRO	♥	GYM
14:00-14:30	LINE DANCING	♥♥	STUDIO 2
14:00-14:55	COUNTRY HIKE	♥♥	F & W DESK
15:00-15:30	FOAM ROLLERS	♥♥	STUDIO 1
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
16:00-16:30	AQUA FIT	♥♥♥	POOL
17:00-17:55	SEASONAL YOGA £	♥♥♥	STUDIO 1
18:00-18:45	PILATES CORE	♥♥♥	STUDIO 2
18:00-18:45	DANCE FUSION	♥♥♥	STUDIO 2
19:00 - 19:45	CIRCUITS	♥♥♥	STUDIO 2

FRIDAY

TIME	CLASS	INTENSITY	VENUE
7:00-7:30	AQUA FIT	♥♥♥	POOL
8:00-8:30	LAKESIDE WALK	♥♥♥	F & W DESK
8:00-8:45	CHAMP RIDE 45	♥♥♥♥	STUDIO 2
9:00-9:45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
9:30-10:00	AQUA FIT	♥♥♥	POOL
10:00-10:55	HATHA YOGA £	♥♥♥	STUDIO 1
10:15-11:00	BODYSULPT	♥♥♥	STUDIO 2
11:10-11:55	ADVANCED PILATES £	♥♥♥	STUDIO 1
13:00 - 13:45	BOXERCISE	♥♥♥	STUDIO 2
14:00-14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00-15:30	LONG HIKE	♥♥♥	F & W DESK
15:00-15:30	BODY STRETCH	♥♥	STUDIO 1
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
16:00-16:30	HULA HOOP	♥♥	STUDIO 2
16:00-16:30	GYM INTRO	♥	GYM
16:00-16:55	TAI CHI £	♥♥	STUDIO 1
17:00-17:45	CHAMP RIDE 45	♥♥♥	STUDIO 2
17:00-17:55	HATHA YOGA £	♥♥♥	STUDIO 1
17:00-17:30	AQUA FIT	♥♥♥	POOL
18:00 - 18:55	DEEP STRETCH	♥♥♥	STUDIO 1
19:30-20:00	LINE DANCING	♥♥	STUDIO 2

SATURDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥	POOL
9:00-9:30	LAKESIDE WALK	♥♥	F & W DESK
9:00-9:45	CHAMP RIDE 45	♥♥♥♥	STUDIO 2
10:00-10:30	HIIT	♥♥♥	STUDIO 2
11:00-11:30	GYM INTRO	♥	GYM
11:00-11:45	MASTERCLASS	♥♥♥	STUDIO 2
12:00-12:45	PILATES CORE	♥♥♥	STUDIO 1
14:00-14:45	THE DOG WALK	♥♥	F & W DESK
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
15:00-15:45	CIRCUITS	♥♥♥	STUDIO 2
15:30 - 16:00	BODY STRETCH	♥♥	STUDIO 1
17:00-17:30	AQUA FIT	♥♥♥	POOL
17:00-17:45	BOXERCISE	♥♥♥	STUDIO 2
18:00 - 18:45	TOTAL BODY WORKOUT	♥♥♥	STUDIO 2
18:00 - 18:45	STRETCH AND RELAX	♥♥	STUDIO 1

SUNDAY

TIME	CLASS	INTENSITY	VENUE
8:00 - 8:30	AQUA FIT	♥♥♥	POOL
9:00-9:30	LAKESIDE WALK	♥♥	F & W DESK
9:00-9:55	KUNDALINI YOGA £	♥♥	STUDIO 1
9:00-9:45	CIRCUITS	♥♥♥	STUDIO 2
10:00-10:45	CHAMP RIDE 45	♥♥♥♥	STUDIO 2
10:00-10:55	KUNDADANCE £	♥♥♥	STUDIO 1
11:00-11:45	MASTERCLASS	♥♥♥	STUDIO 2
11:00-11:30	GYM INTRO	♥	GYM
11:00-11:45	FITNESS TALK: 3 PILLARS OF OPTIMAL HEALTH	♥	KNOWLEDGE
12:00-12:45	STRETCH & FLOW	♥♥♥	STUDIO 1
13:00-13:45	LEGS,BUMS & TUMS	♥♥♥	STUDIO 2
14:00-14:30	FOAM ROLLERS	♥♥	STUDIO 1
14:00-14:55	COUNTRY HIKE	♥♥♥	F & W DESK
15:00 - 15:30	GRATITUDE WALK	♥	F & W DESK
15:30-16:15	STRETCH AND RELAX	♥♥	STUDIO 1
17:00-17:45	BOXERCISE	♥♥♥	STUDIO 2
18:00-18:55	RESTORATIVE YOGA £	♥	STUDIO 1

MASTERCLASS

DATE	CLASS	PRESENTER
4TH MARCH 2023, 9AM	CHAMP RIDE 45	NEIL SOLMON
4TH MARCH 2023, 11AM	AEROBICS	NEIL SOLMON
5TH MARCH 2023, 10AM	CHAMP RIDE 45	NEIL SOLMON
5TH MARCH 2023, 11AM	FREESTYLE DANCE	NEIL SOLMON
11TH MARCH 2023, 11AM	YOGA RELOADED (HIP FOCUS)	HANNAH STEWART
11TH MARCH 2023, 6PM	STRETCH AND RELAX	HANNAH STEWART
12TH MARCH 2023, 11AM	YOGA RELOADED (SHOULDERS FOCUS)	HANNAH STEWART
12TH MARCH 2023, 12PM	STRETCH AND FLOW	HANNAH STEWART
18TH MARCH 2023, 10AM	HIIT (45MINS)	ARNIE
18TH MARCH 2023, 11AM	HOUSE FLOW	ARNIE
19TH MARCH 2023, 11AM	DEEPWORK	ARNIE
19TH MARCH 2023, 12PM	STRETCH AND FLOW	ARNIE
25TH MARCH 2023, 11AM	PULSEROLL	HELEN PYBUS
26TH MARCH 2023, 11AM	PULSEROLL	HELEN PYBUS

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.