

CHAMPNEYS FOREST MERE: ACTIVITY SCHEDULE NOVEMBER - DECEMBER 2020

MONDAY			
TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
8.00 - 8.30	HIIT	♥♥♥♥♥	STUDIO 2
9.00-9.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 -10.45	BODY WEIGHT BODYSCULPT	♥♥♥♥	STUDIO 2
11.00 - 11.45	FITNESS PILATES	♥♥♥♥	LAKESIDE SUITE
12.00 -12.45	CIRCUITS	♥♥♥♥	STUDIO 2
14.00 -14.55	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 -15.30	STRETCH & FLOW	♥♥♥	LAKESIDE SUITE
16.30 -17.00	AQUA FIT	♥♥♥	POOL
17.00 - 17.45	SEASONAL YOGA £6	♥♥♥	LAKESIDE SUITE
18.00 -18.45	FITNESS PILATES	♥♥♥	LAKESIDE SUITE
18.00 -18.45	ZUMBA	♥♥♥♥	STUDIO 2
19.00 -19.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2

TUESDAY			
TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
8.00 - 8.45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
9.00 - 9.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
9.00 - 9.45	FITNESS PILATES	♥♥♥	LAKESIDE SUITE
10.00 - 10.45	YOGA FLOW £6	♥♥♥	LAKESIDE SUITE
11.00 - 11.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
12.00 - 12.45	STRETCH & FLOW	♥♥♥	LAKESIDE SUITE
14.00 - 15.30	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	HULA HOOP	♥♥	STUDIO 2
16.30 - 17.00	AQUA FIT	♥♥♥	POOL
17.00 - 17.45	STRETCH & RELAX	♥♥	LAKESIDE SUITE
18.00 - 18.45	BODY WEIGHT BODYSCULPT	♥♥♥♥	STUDIO 2
18.30 - 19.00	AQUA FIT	♥♥♥	POOL
19.00-19.30	HIIT	♥♥♥♥♥	STUDIO 2

WEDNESDAY			
TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
8.00 - 8.45	STRETCH & FLOW	♥♥♥	STUDIO 1
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
11.00 - 11.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
12.00 - 12.45	FITNESS PILATES	♥♥♥	STUDIO 1
14.00 - 14.55	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	PHUSION	♥♥♥♥♥	STUDIO 2
16.00 - 16.30	BODY STRETCH	♥♥	LAKESIDE SUITE
16.30 - 17.00	AQUA FIT	♥♥♥	POOL
17.00 - 17.45	FLOW YOGA £6	♥♥	LAKESIDE SUITE
18.00 - 18.45	TAI CHI £6	♥♥	LAKESIDE SUITE
18.00 - 18.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
19.00 - 19.30	CORE FUSION	♥♥♥	STUDIO 2

THURSDAY			
TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
8.00 - 8.30	WAKE UP WORKOUT	♥♥♥	STUDIO 2
9.00 - 9.45	BODY WEIGHT BODYSCULPT	♥♥♥♥	STUDIO 2
10.00-10.45	STRETCH & FLOW	♥♥♥	LAKESIDE
11.00 - 11.45	FITNESS PILATES	♥♥♥	LAKESIDE
12.00 - 12.30	HULA HOOP	♥♥	STUDIO 2
14.00 - 14.55	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	CORE FUSION	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA FIT	♥♥♥	POOL
17.00 - 17.30	BODY STRETCH	♥♥	LAKESIDE
18.00 - 18.45	SEASONAL YOGA £6	♥♥♥	LAKESIDE
18.00 - 18.45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
19.00 - 19.45	FITNESS PILATES	♥♥♥	LAKESIDE

FRIDAY			
TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
8.00 - 8.30	HIIT	♥♥♥♥♥	STUDIO 2
9.00 - 9.45	ZUMBA	♥♥♥	STUDIO 2
10.00 - 10.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	HATHA YOGA £6	♥♥♥	STUDIO 1
11.00 - 11.45	LEGS, BUMS & TUMS	♥♥♥	STUDIO 2
12.00 - 12.30	HULA HOOP	♥♥	STUDIO 2
14.00 - 14.55	COUNTRY HIKE	♥♥♥	FITNESS DESK
15.00 - 15.30	BODY STRETCH	♥♥	STUDIO 1
16.30 - 17.00	AQUA MITT	♥♥♥	POOL
17.00 - 17.45	HATHA YOGA £6	♥♥♥	STUDIO 1
17.00 - 17.45	BODY WEIGHT BODYSCULPT	♥♥♥♥	STUDIO 2
18.00 - 18.45	DEEP STRETCH	♥♥♥	STUDIO 1
18.30-19.00	AQUA FIT	♥♥♥	POOL

SATURDAY			
TIME	CLASS	INTENSITY	VENUE
7.30 - 8.00	AQUA FIT	♥♥♥	POOL
9.00 - 9.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	BODY WEIGHT BODYSCULPT	♥♥♥♥	STUDIO 2
10.30 - 11.00	AQUA FIT	♥♥♥	POOL
11.00 - 11.45	FITNESS PILATES	♥♥♥	STUDIO 1
12.00 - 12.30	HULA HOOP	♥♥	STUDIO 2
14.00 - 14.55	COUNTRY HIKE	♥♥♥	FITNESS
15.00 - 15.45	STRETCH & FLOW	♥♥♥	STUDIO 1
16.30 - 17.00	AQUA FIT	♥♥♥	POOL
17.00 - 17.45	TOTAL BODY WORKOUT	♥♥♥♥	STUDIO 2
17.00 - 17.45	STRETCH & RELAX	♥♥	STUDIO 1
18.00 - 18.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2

SUNDAY			
TIME	CLASS	INTENSITY	VENUE
8.00 - 8.30	WAKE UP WORKOUT	♥♥♥	STUDIO 2
9.00 - 9.45	KUNDALINI YOGA £6	♥♥♥	STUDIO 1
9.00 - 9.30	HIIT	♥♥♥♥♥	STUDIO 2
10.00 - 10.45	CHAMP RIDE 45	♥♥♥♥♥	STUDIO 2
10.00-10.30	AQUA FIT	♥♥♥	POOL
11.00-11.45	HULA HOOP	♥♥	STUDIO 2
12.00-12.30	STRETCH & FLOW	♥♥♥	STUDIO 1
14.00-14.55	COUNTRY HIKE	♥♥	FITNESS
15.00-15.45	BODY WEIGHT BODYSCULPT	♥♥♥♥	STUDIO 2
15.00 - 15.45	STRETCH & RELAX	♥♥	STUDIO 1
16.30 - 17.00	AQUA FIT	♥♥♥	POOL
17.00 - 17.45	FLOW YOGA £6	♥♥♥	STUDIO 1

MASTERCLASS		
DATE	CLASS	PRESENTER

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 £6 supplement.

Cancellation on the day if the class was full or simply no show will result in a £3/£6 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.