

CHAMPNEYS HENLOW: ACTIVITY SCHEDULE DEC - JAN 2021

MONDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-------------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | POWER WALK | ♥♥ | FITNESS DESK |
| 09.00 - 09.45 | CHAMP RIDE 45 | ♥♥♥♥♥ | STUDIO |
| 10.00 - 10.30 | HIIT | ♥♥♥♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | STRETCH & RELAX | ♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥ | FITNESS DESK |
| 14.00 - 14.45 | BODYSULPT | ♥♥♥ | STUDIO |
| 15.00 - 15.45 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 16.30 - 17.00 | AQUA | ♥♥♥ | POOL |
| 17.00 - 17.30 | BODY STRETCH | ♥♥ | STUDIO |
| 18.00 - 18.30 | HIIT | ♥♥♥♥♥ | STUDIO |
| 19.15 - 20.00 | CHAMP RIDE 45 | ♥♥♥ | STUDIO |

TUESDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-------------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.00 - 08.45 | FITNESS PILATES | ♥♥♥ | STUDIO |
| 09.00 - 09.30 | HIIT | ♥♥♥♥♥ | STUDIO |
| 10.00 - 10.30 | BODY STRETCH | ♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥♥ | FITNESS DESK |
| 15.00 - 15.30 | FITNESS PILATES | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | YOGA £ | ♥♥ | STUDIO |
| 16.30 - 17.00 | AQUA | ♥♥♥ | POOL |
| 17.00 - 17.30 | CHAMP RIDE 30 | ♥♥♥♥ | STUDIO |
| 18.00 - 18.30 | BODYSULPT | ♥♥♥ | STUDIO |
| 18.30 - 19.00 | AQUA | ♥♥♥ | POOL |
| 19.30 - 20.15 | YOGA £ | ♥♥ | STUDIO |

WEDNESDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-------------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.00 - 08.30 | FITNESS PILATES | ♥♥♥ | STUDIO |
| 09.00 - 09.45 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | HIIT | ♥♥♥♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | YOGA £ | ♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥♥ | FITNESS DESK |
| 14.00 - 14.45 | BODYSULPT | ♥♥♥ | STUDIO |
| 15.00 - 15.45 | STRETCH & RELAX | ♥♥ | STUDIO |
| 16.30 - 17.00 | AQUA | ♥♥♥ | POOL |
| 17.00 - 17.30 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 18.30 - 19.00 | AQUA | ♥♥♥ | POOL |
| 19.15 - 20.00 | CHAMP RIDE 45 | ♥♥♥ | STUDIO |

THURSDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-------------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | BODY STRETCH | ♥♥ | STUDIO |
| 09.00 - 09.45 | FITNESS PILATES | ♥♥♥ | STUDIO |
| 10.00 - 10.45 | CHAMP RIDE 45 | ♥♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥♥ | FITNESS DESK |
| 15.00 - 15.45 | STRETCH & RELAX | ♥♥ | STUDIO |
| 16.00 - 16.30 | BODYSULPT | ♥♥♥ | STUDIO |
| 16.30 - 17.00 | AQUA | ♥♥♥ | POOL |
| 17.00 - 17.30 | HIIT | ♥♥♥♥♥ | STUDIO |
| 18.00 - 18.30 | CHAMP RIDE 30 | ♥♥♥ | STUDIO |
| 19.15 - 20.00 | FITNESS PILATES | ♥♥♥ | STUDIO |

FRIDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-------------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | POWER WALK | ♥♥ | FITNESS DESK |
| 09.00 - 09.45 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 10.00 - 10.30 | CHAMP RIDE 30 | ♥♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | BODYSULPT | ♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥♥ | FITNESS DESK |
| 15.00 - 15.30 | BODY STRETCH | ♥♥ | STUDIO |
| 16.30 - 17.00 | AQUA | ♥♥♥ | POOL |
| 17.30 - 18.15 | BARRE FUSION | ♥♥♥ | STUDIO |
| 18.30 - 19.15 | BARRE FUSION | ♥♥♥ | STUDIO |
| 19.30 - 20.15 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |

SATURDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-----------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | CORE FUSION | ♥♥♥ | STUDIO |
| 09.00 - 09.30 | POWER WALK | ♥♥ | FITNESS DESK |
| 10.00 - 10.45 | BODYSULPT | ♥♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.30 | HIIT | ♥♥♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥♥ | FITNESS DESK |
| 15.00 - 15.30 | CORE FUSION | ♥♥♥ | STUDIO |
| 16.30 - 17.00 | AQUA | ♥♥♥ | POOL |
| 18.00 - 18.45 | STRETCH & RELAX | ♥♥ | STUDIO |

SUNDAY

| TIME | CLASS | INTENSITY | VENUE |
|---------------|-------------------|-----------|--------------|
| 07.30 - 08.00 | AQUA | ♥♥♥ | POOL |
| 08.30 - 09.00 | POWER WALK | ♥♥ | FITNESS DESK |
| 09.00 - 09.30 | WAKE-UP WORKOUT | ♥♥♥ | STUDIO |
| 10.00 - 10.45 | YOGA £ | ♥♥ | STUDIO |
| 10.30 - 11.00 | AQUA | ♥♥♥ | POOL |
| 11.00 - 11.45 | YOGA £ | ♥♥♥ | STUDIO |
| 14.00 - 14.45 | COUNTRY HIKE | ♥♥ | FITNESS DESK |
| 14.00 - 14.45 | STRETCH & RELAX | ♥♥ | STUDIO |
| 15.00 - 15.45 | LEGS, BUMS & TUMS | ♥♥♥ | STUDIO |
| 16.00 - 16.30 | CHAMP RIDE 30 | ♥♥♥ | STUDIO |
| 17.00 - 17.45 | STRETCH & RELAX | ♥♥ | STUDIO |

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.