

CHAMPNEYS HENLOW ACTIVITY SCHEDULE MAY 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 - 18.30	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	REFORMER 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
9.30-10.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00-10.45	FITSTEPS £	♥♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥	POOL
10.30-11.30	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
11.00-11.55	PADEL TENNIS INTRO	♥♥♥	FITNESS DESK
11.00-11.55	VINYASA YOGA £	♥♥♥	STUDIO
13.00-13.30	GYM INTRO	♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	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 -11.30	URBAN POWER £	♥♥♥♥♥	URBAN GYM
11.00 - 11.55	VINYASA YOGA £	♥♥♥	STUDIO
11.00-11.55	REFORMER 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

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
15.00 - 15.55	PADEL TENNIS INTRO	♥♥♥	FITNESS DESK
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	REFORMER 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	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00-10.55	HATHA YOGA £	♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥	POOL
10.30-11.30	REFORMER 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	REFORMER PILATES ££	♥♥♥♥♥	TF STUDIO
10.00-10.30	AQUA	♥♥♥	POOL
10.00 - 10.30	ZUMBA £	♥♥♥	STUDIO
10.30-11.30	REFORMER 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
19.00-19.55	PADEL TENNIS INTRO	♥♥♥	FITNESS DESK

SUNDAY

TIME	CLASS	INTENSITY	VENUE
07.30 - 08.00	AQUA	♥♥♥	POOL
08.15 - 08.45	WAKE UP WOKROUT £	♥♥♥	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

MASTERCLASS

Tanuja Parmar	Sat 6th 8.15am	Aqua Zumba
Tanujar Parmar	Sat 6th 2pm	Bollyfit
Tanujar Parmar	Sun 7th 10am	Aqua Zumba
Tanujar Parmar	Sun 7th 2pm	Bollyfit
Niki Shokar	Sat 13th 8.15am	Pilates Strength & Stretch
Niki Shokar	Sat 13th 11am	Classic Pilates
Niki Shokar	Sun 14th 8.15am	Pilates Strength & Stretch
Niki Shokar	Sun 14th 11am	Pilates & Mindfulness
Tony Epps	Sat 13th 9am	Combat
Hayley Epps	Sat 13th 3pm	Zumba Gold
Tony Epps	Sat 13th 5.15pm	Conditioning
Tony Epps	Sat 13th 6.15pm	Stretch & Relax
Tony Epps	Sun 14th 7.30am	Aqua
Tony & Hayley	Sun 14th 11am	Strong Nation
Hayley Epps	Sun 14th 12pm	Zumba
Tony Epps	Sun 14th 2pm	Express LBT
Sandra Lau	Sat 20th 9am	Champ Toning
Sandra Lau	Sat 20th 10am	Aqua
Sandra Lau	Sun 21st 7.30am	Aqua
Sandra Lau	Sun 21st 8.15am	Champ Toning
Niki Shokar	Sat 27th 8.15am	Classic Pilates
Niki Shokar	Sat 27th 9am	Strength & Stretch Pilates
Niki Shokar	Sun 28th 8.15am	Strength & Stretch Pilates
Niki Shokar	Sun 28th 11am	Classic Pilates

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.

There is a £3 charge for 30-minute classes and £5 for all other classes, with the exception of specialist classes which start from £8pp.

Aqua, walks, Gym Intro, Padel Intro, and virtual classes are complimentary. Cancellation or no show to class on the day will result in the relevant £3/£5/£8 charge if class was full. For Club Member booking terms please see the Wellbeing & Fitness Desk/Members App.

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

Bottle 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.