

# CHAMPNEYS SPRINGS ACTIVITY SCHEDULE MAY 2024

MONDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
07.30-08.15	CHAMP BOX	♥♥♥♥♥	HIIT
08.00-08.30	BODY BLITZ	♥♥♥♥♥	FITNESS ST
08.45-09.40	HATHA YOGA	♥♥♥♥	MIND & BODY
09.00-09.30	CHAMP RIDE 30	♥♥♥♥♥♥	CYCLE
10.00-10.30	LINE DANCING	♥♥♥♥	FITNESS ST
10.00-10.45	HATHA YOGA	♥♥♥♥	MIND & BODY
10.30-11.00	AQUA	♥♥♥♥	POOL
11.00-11.30	GYM INTRODUCTION	♥	GYM
11.00-11.45	PILATES CORE	♥♥♥♥	MIND & BODY
12.00-12.30	BODY STRETCH	♥♥	MIND & BODY
14.00-14.30	POWER WALK	♥♥♥♥	OUTDOORS
15.00-15.30	LBT'S	♥♥♥♥	FITNESS
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.30	FITBALL	♥♥♥♥	FITNESS ST
17.00-17.30	AQUA	♥♥♥♥	POOL
18.00-18.55	HATHA YOGA	♥♥♥♥	MIND & BODY
18.15-18.45	HIIT	♥♥♥♥♥	FITNESS ST
19.00-19.45	FIRE UP TO YIN YOGA	♥♥♥♥	MIND & BODY

TUESDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.45	CIRCUITS	♥♥♥♥♥	FITNESS ST
08.00-08.55	HATHA YOGA	♥♥♥♥	MIND & BODY
09.00-09.30	FITBALL	♥♥♥♥	FITNESS ST
09.30-10.00	AQUA	♥♥♥♥	POOL
10.00-10.45	DANCE FIT	♥♥♥♥	FITNESS ST
11.00-11.30	GYM INTRO	♥	GYM
11.15-12.00	AQUA ZUMBA	♥♥♥♥	POOL
11.00-11.45	CHAMP BUILD	♥♥♥♥♥	HIIT
11.00-11.55	YOGA	♥♥♥♥	FITNESS ST
12.00-12.45	QUANTUM MEDITATION	♥	MIND & BODY
14.00-14.30	LBT'S	♥♥♥♥	FITNESS ST
15.00-15.30	BODY STRETCH	♥♥	MIND & BODY
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.45	FUSION 45	♥♥♥♥♥	FITNESS ST
17.00-17.30	AQUA	♥♥♥♥	POOL
18.30-19.00	AQUA	♥♥♥♥	POOL
19.00-19.55	YIN YOGA	♥♥♥♥	MIND & BODY
20.00-20.55	YOGA NIDRA	♥	MIND & BODY

WEDNESDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.30	BODY BLITZ	♥♥♥♥♥	FITNESS ST
08.00-08.55	VINYASA YOGA	♥♥♥♥	MIND & BODY
09.00-09.30	CHAMP RIDE 30	♥♥♥♥♥♥	CYCLE
09.30-10.00	AQUA	♥♥♥♥	POOL
11.00-11.30	GYM INTRO	♥	GYM
11.00-11.45	CHAMP BOX	♥♥♥♥♥	HIIT
11.00-11.55	YOGA	♥♥♥♥	MIND & BODY
12.00-12.30	LBT'S	♥♥♥♥	FITNESS ST
12.00-12.45	MEDITATION	♥	MIND & BODY
14.00-14.45	PILATES CORE	♥♥♥♥	MIND & BODY
15.00-15.30	POWER WALK	♥♥♥♥	OUTDOORS
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.30	BODY STRETCH	♥♥	MIND & BODY
17.00-17.30	AQUA	♥♥♥♥	POOL
17.15-18.10	HATHA YOGA	♥♥♥♥	MIND & BODY
18.15-19.00	CIRCUITS	♥♥♥♥♥	FITNESS ST
19.15-20.00	CHAMP BURN	♥♥♥♥♥	HIIT
19.15-20.00	TRAD MAT PILATES	♥♥♥♥	MIND & BODY

THURSDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
07.30-08.15	CHAMP BUILD	♥♥♥♥♥	HIIT
08.00-08.30	BODY BLITZ	♥♥♥♥	FITNESS ST
08.00-08.55	HATHA YOGA	♥♥♥♥	MIND & BODY
09.00-09.45	PILATES CORE	♥♥♥♥	MIND & BODY
10.00-10.45	DANCE FIT	♥♥♥♥	FITNESS ST
10.30-11.00	AQUA	♥♥♥♥	POOL
11.00-11.30	GYM INTRO	♥	GYM
11.00-11.55	YOGA	♥♥♥♥	FITNESS ST
12.00-12.45	THETA MEDITATION	♥	MIND & BODY
14.00-14.30	FITBALL	♥♥♥♥	FITNESS ST
15.00-15.30	POWER WALK	♥♥♥♥	OUTDOORS
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.30	BODY STRETCH	♥♥	MIND & BODY
17.00-17.30	AQUA	♥♥♥♥	AQUA
18.15-18.45	LBT'S	♥♥♥♥	FITNESS ST
18.15-19.45	ASHTANGA VINYASA	♥♥♥♥♥	MIND & BODY
19.00-19.45	CHAMP BOX	♥♥♥♥♥	HIIT

FRIDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.30	BODY BLITZ	♥♥♥♥	FITNESS ST
09.00-09.30	CHAMP RIDE 30	♥♥♥♥♥♥	CYCLE
10.00-10.55	HATHA YOGA	♥♥♥♥	MIND & BODY
10.30-11.00	AQUA	♥♥♥♥	POOL
11.00-11.30	GYM INTRODUCTION	♥	GYM
11.00-11.45	PILATES CORE	♥♥♥♥	MIND & BODY
12.00-12.30	FITBALL	♥♥♥♥	FITNESS ST
14.00-14.45	CHAMP BURN	♥♥♥♥♥	HIIT
14.00-14.55	COUNTRY WALK	♥♥♥♥	OUTDOORS
15.00-15.30	BODY STRETCH	♥	MIND & BODY
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.45	FUSION 45	♥♥♥♥	FITNESS ST
17.00-17.30	AQUA	♥♥♥♥	POOL
18.00-18.45	ZUMBA	♥♥♥♥	FITNESS ST
18.50-19.30	BODYSULPT	♥♥♥♥♥	FITNESS ST
19.00-19.55	YOGA NIDRA	♥	MIND & BODY
19.30-20.00	AQUA	♥♥♥♥	POOL

SATURDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.30	BODY BLITZ	♥♥♥♥	FITNESS ST
08.00-08.55	YIN YOGA	♥♥♥♥	MIND & BODY
09.00-09.30	CHAMP RIDE 30	♥♥♥♥♥♥	CYCLE
09.00-09.55	ASANA LAB	♥♥♥♥	MIND & BODY
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.45	TRAD MAT PILATES	♥♥♥♥	MIND & BODY
11.00-11.45	CHAMP BUILD	♥♥♥♥♥	HIIT
11.00-11.45	DANCE FIT	♥♥♥♥	FITNESS ST
14.00-14.55	COUNTRY WALK	♥♥♥♥	OUTDOORS
15.00-15.30	BODY STRETCH	♥	MIND & BODY
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.45	CIRCUITS	♥♥♥♥♥	FITNESS ST
17.00-17.30	AQUA	♥♥♥♥	POOL
18.15-18.45	FITBALL	♥♥♥♥	FITNESS ST

SUNDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.30	BODY STRETCH	♥	MIND & BODY
09.00-09.30	HIIT	♥♥♥♥♥	FITNESS ST
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.55	HATHA YOGA	♥♥♥♥	MIND & BODY
11.00-11.30	GYM INTRODUCTION	♥	GYM
11.00-11.45	PILATES CORE	♥♥♥♥	MIND & BODY
14.00-14.55	COUNTRY WALK	♥	OUTDOORS
15.00-15.30	BODY STRETCH	♥	MIND & BODY
15.30-15.55	GRATITUDE WALK	♥	OUTDOORS
16.00-16.45	FUSION 45	♥♥♥♥♥	FITNESS ST
17.00-17.30	AQUA	♥♥♥♥	POOL
18.15-18.45	LBT'S	♥♥♥♥	FITNESS ST

MASTERCLASS			
<b>HELEN BRADBURY</b>			
Saturday	4th	08.00-08.30	BODY BLITZ
Saturday	4th	09.00-09.30	CHAMP RIDE 30
Sunday	5th	09.00-09.30	HIIT
Sunday	5th	10.00-10.30	CHAMP RIDE 30
<b>JANE FRANCIS</b>			
Saturday	11th	10.00-10.55	NIA
Saturday	11th	15.00-15.55	YOGA FLOW
Sunday	12th	08.00-08.30	YOGA STYLE STRETCH
Sunday	12th	15.00-15.55	NIA
<b>TONY &amp; HAYLEY EPPS</b>			
Saturday	11th	07.00-07.30	AQUA
Saturday	11th	08.00-08.30	COMBAT
Saturday	11th	17.00-17.45	ZUMBA
Sunday	12th	09.00-09.30	HIIT
Sunday	12th	10.00-10.45	ZUMBA
Sunday	12th	11.00-11.45	PILATES
<b>EUGENE KIRBY</b>			
Saturday	25th	08.00-08.30	BODY BLITZ
Saturday	25th	09.00-09.30	CHAMP RIDE 30
Sunday	26th	09.00-09.30	HIIT
Sunday	26th	10.00-10.30	CHAMP RIDE 30

## 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

**Outdoor classes**  
Outdoor activities require a minimum of 2 participants to take place.

**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 £8/£20 specialist classes.  
Aqua, walks, Gym Intro, Padel Intro, and virtual classes are complimentary. Please note that these classes have a £3 pre-booking fee.  
Cancellation or no show to class on the day will result in the relevant £3/£5/£8/£20 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 emphasize 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.