

Champneys Forest Mere: Activity Schedule August 2026

MONDAY				TUESDAY				WEDNESDAY				THURSDAY			
Time	Title	Intensity	Venue	Time	Title	Intensity	Venue	Time	Title	Intensity	Venue	Time	Title	Intensity	Venue
07.00-07.30	Aqua Fit	♥♥♥♥	POOL	07.00-07.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	07.00-07.30	Aqua Fit	♥♥♥♥	POOL	07.00-07.30	Aqua Fit	♥♥♥♥	POOL
08.00-08.45	Bodysculpt £5	♥♥♥♥♥	STUDIO 2	08.00-08.45	Bodysculpt £5	♥♥♥♥♥♥	STUDIO 2	08.00-08.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	08.00-08.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2
08.00-08.55	Stretch & Flow Yoga £8	♥♥♥♥	STUDIO 1	08.00-08.45	Champ Dance £5	♥♥♥♥♥	STUDIO 1	09.00-09.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	09.00-09.45	Bodysculpt £5	♥♥♥♥	STUDIO 2
09.00-09.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	09.00-09.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	09.00-09.55	Stretch & Flow Yoga £8	♥♥♥♥	STUDIO 1	09.15-10.00	Chi Ball £8	♥♥♥	STUDIO 1
10.00-10.45	Circuits £5	♥♥♥♥♥	STUDIO 2	09.30-10.00	Aqua Fit	♥♥♥♥	POOL	10.00-10.45	Legs, Bums & Tums £5	♥♥♥♥	STUDIO 2	10.00-10.45	Fitness Fusion £5	♥♥♥♥	STUDIO 2
11.00-11.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	10.30-11.15	Legs, Bums & Tums £5	♥♥♥♥	STUDIO 2	11.00-11.45	Stretch & Relax £5	♥♥♥♥	STUDIO 1	10.00-10.55	Tai Chi £8	♥♥♥	STUDIO 1
12.00-12.30	Healing Meditation £8	♥	STUDIO 1	10.30-11.25	Stretch & Flow Yoga £8	♥♥♥♥	STUDIO 1	12.30-13.00	Gym Intro	♥	GYM	11.00-11.45	Champ Pilates £5	♥♥♥♥	STUDIO 1
12.30-13.00	Gym Intro	♥	GYM	12.00-12.55	Meditation £8	♥	STUDIO 1	13.00-13.30	Core Balance £3	♥♥♥♥	STUDIO 2	12.00-12.55	Stretch & Flow Yoga £8	♥♥♥♥	STUDIO 1
13.00-13.55	Country Walk	♥♥	F&W DESK	13.00-13.30	Gym Intro	♥	GYM	14.00-14.55	Country Walk	♥♥♥	F&W DESK	13.00-13.30	Gym Intro	♥	GYM
15.15-15.45	Body Stretch £3	♥♥♥♥	STUDIO 1	13.30-13.55	Healing Meditation £8	♥	STUDIO 1	15.00-15.30	Foam Rolling £3	♥♥	STUDIO 1	13.30-13.55	Healing Meditation £8	♥	STUDIO 1
16.00-16.30	Aqua Fit	♥♥♥♥	POOL	14.00-14.45	Country Walk	♥♥	F&W DESK	16.00-16.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	14.00-14.55	Country Walk	♥♥♥	F&W DESK
17.00-17.30	Champ Burn £3	♥♥♥♥♥	STUDIO 2	15.15-16.00	Line Dancing £5	♥♥	STUDIO 2	17.00-17.55	Stretch & Flow Yoga £8	♥♥♥♥	STUDIO 1	15.00-15.30	Gratitude Walk	♥	F&W DESK
17.00-17.55	Seasonal Yoga £8	♥♥♥♥	STUDIO 1	16.00-16.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	17.00-17.30	Champ Burn £3	♥♥♥♥♥	STUDIO 2	15.00-15.30	Body Stretch £3	♥♥♥	STUDIO 1
18.00-18.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	16.15-16.45	Hula Hoop £3	♥♥	STUDIO 2	18.00-18.55	Tai Chi £8	♥♥	STUDIO 1	17.00-17.30	Aqua Fit	♥♥♥♥	POOL
18.00-18.45	Zumba £5	♥♥♥♥♥	STUDIO 2	17.00-17.30	Aqua Fit	♥♥♥♥	POOL	18.00-18.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	17.00-17.55	Seasonal Yoga £8	♥♥♥♥	STUDIO 1
19.00-19.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	17.15-18.00	Step Aerobics £5	♥♥♥♥♥	STUDIO 2	19.00-19.55	Kundalini Yoga £8	♥♥	STUDIO 1	18.00-18.45	Champ Pilates £5	♥♥♥♥	STUDIO 1
19.00-19.45	Barre Workout £5	♥♥♥♥	STUDIO 1	18.00-18.55	Stretch & Flow Yoga £8	♥♥♥♥	STUDIO 1	19.00-20.00	New Member's Forum		KP	18.00-18.45	Zumba £5	♥♥♥♥♥	STUDIO 2
				18.15-19.00	Circuits £5	♥♥♥♥♥	STUDIO 2								
				19.00-20.00	Deep Stretch £5	♥♥♥♥	STUDIO 1								
FRIDAY				SATURDAY				SUNDAY				MASTERCLASS			
Time	Title	Intensity	Venue	Time	Title	Intensity	Venue	Time	Title	Intensity	Venue				
07.00-07.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	08.00-08.30	Aqua Fit	♥♥♥♥	POOL	08.00-08.30	Aqua Fit	♥♥♥♥	POOL	Neil Solomon: 9am 1st August 2026 Champ Ride £5 11am 1st August 2026 Aerobics £8 10am 2nd August 2026 Champ Ride £5 11am 2nd August 2026 Champ Dance £8			
08.00-08.45	Bodysculpt £5	♥♥♥♥♥	STUDIO 2	09.00-09.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2	09.00-09.55	Kundalini Yoga £8	♥♥♥♥	STUDIO 1				
08.00-08.30	Aqua Fit	♥♥♥♥	POOL	10.00-10.45	Stretch & Relax £5	♥♥♥♥	STUDIO 1	09.00-09.45	Circuits £5	♥♥♥♥	STUDIO 2				
09.00-09.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	11.00-11.30	Lakeside Walk	♥♥	F&W DESK	10.00-10.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2				
10.00-10.55	Hatha Yoga £8	♥♥	STUDIO 1	11.00-11.45	Masterclass £8	♥♥♥♥	STUDIO 2	11.00-11.30	Lakeside Walk	♥♥	F&W DESK				
10.15-11.00	Legs, Bums & Tums £5	♥♥♥♥	STUDIO 2	11.30-12.30	New Member's Forum		KP	11.00-11.45	Masterclass £8	♥♥♥♥	STUDIO 2	Carla Williams: 11am 8th August 2026 Meditation £8 12pm 8th August 2026 Champ Pilates £5			
11.00-11.30	Fitness Talk		KP	12.00-12.45	Champ Pilates £5	♥♥♥♥	STUDIO 1	12.00-12.45	Stretch & Relax £5	♥♥♥♥	STUDIO 1				
11.10-11.55	Intermediate Pilates £8	♥♥♥♥	STUDIO 1	13.00-13.30	Gym Intro	♥	GYM	13.00-13.30	Gym Intro	♥	GYM				
13.00-13.30	Champ Burn £3	♥♥♥♥♥	STUDIO 2	13.30-14.00	Champ Burn £3	♥♥♥♥♥	STUDIO 2	14.00-14.55	Country Walk	♥♥♥♥	F&W DESK				
14.00-14.55	Country Walk	♥♥	F&W DESK	14.00-14.45	The Dog Walk	♥♥	F&W DESK	15.00-15.30	Foam Rolling £3	♥♥	STUDIO 1	Becky Griffiths: 11am 15th August 2026 Vinyasa Yoga £8 12pm 15th August 2026 Champ Pilates £5 6pm 15th August 2026 Bodysculpt £5 11am 16th August 2026 Yin Yoga £8 12pm 16th August 2026 Stretch & Relax £5			
15.30-16.00	Body Stretch £3	♥♥	STUDIO 1	15.00-15.30	Foam Rolling £3	♥♥	STUDIO 1	15.30-16.00	Body Stretch £3	♥♥	STUDIO 1				
16.00-16.30	Gym Intro	♥	GYM	17.00-17.30	Aqua Fit	♥♥♥♥	POOL	17.00-17.45	Bodysculpt £5	♥♥♥♥	STUDIO 2				
16.00-16.45	Aerobics £5	♥♥♥♥♥	STUDIO 2	18.00-18.45	Bodysculpt £5	♥♥♥♥♥	STUDIO 2	18.00-18.55	Restorative Yoga £8	♥	STUDIO 1				
17.00-17.30	Aqua Fit	♥♥♥♥	POOL	19.00-19.30	Body Stretch £3	♥♥	STUDIO 1					Evelyn Duro: 11am 22nd August 2026 Barre £8			
17.00-17.45	Champ Ride £5	♥♥♥♥♥♥	STUDIO 2												
17.00-17.55	Kundalini Yoga £8	♥♥♥♥	STUDIO 1												
18.00-18.30	Champ Burn £3	♥♥♥♥♥	STUDIO 2												
18.00-19.00	Deep Stretch £5	♥♥♥♥	STUDIO 1												
19.15-20.00	Line Dancing £5	♥♥	STUDIO 2									Jane Alexander: 8am 29th August 2026 Aqua Fit 11am 29th August 2026 Zumba £8 12pm 29th August 2026 Champ Pilates £5 11am 30th August 2026 Champ Dance £8 12pm 30th August 2026 Stretch & Relax £5			

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

We ask you to arrive at least 10 minutes before the specified start time to allow you to set up and ensure that the class can begin on time.

Please book all classes at the Wellbeing Desk. There is a £3 charge for 30-minute classes and £5 for 45-minute classes, with the exception of specialist classes which are £8.

Aqua, Walks, Hikes and Gym Intro are complimentary. Please note that these classes have a £3 pre-booking fee.

Same day cancellations or non-attendance to a class will still be charged at full price.

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 let the Wellbeing & Fitness Instructors know prior to the class or gym use if you have any injuries, medical problems, or if you are pregnant. Participation in all activities is at your own risk.

Water

Water bottles are available from the boutique and Wellbeing & Fitness Reception. You are reminded to take plenty of fluids during and after exercise.

Outdoor Classes

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