

# Champneys Henlow: Activity Schedule June 2026

## MONDAY

Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.15-08.45	MORNING MOBILITY £3	♥♥♥♥	STUDIO 1
09.00-09.45	FITNESS PILATES £5	♥♥♥♥	STUDIO 1
09.00-09.45	CHAMP RIDE 45 £5	♥♥♥♥♥♥	CYCLE STUDIO
09.00-09.30	CHAMP BURN £3	♥♥♥♥♥♥	URBAN GYM
10.00-10.30	AQUA	♥♥♥♥♥♥	POOL
10.00-10.45	BODYSULPT £5	♥♥♥♥	STUDIO 1
11.00-11.30	CHAMP BUILD £3	♥♥♥♥♥♥	URBAN GYM
11.00-11.55	HATHA YOGA £8	♥♥	STUDIO 1
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.30	LEGS, BUMS & TUMS £3	♥♥♥♥	STUDIO 1
15.00-15.30	BODYSULPT 30 £3	♥♥♥♥	STUDIO 1
16.00-16.30	AQUA	♥♥♥♥	POOL
17.00-17.30	LEGS, BUMS & TUMS £3	♥♥♥♥	STUDIO 2
17.15-17.45	CHAMP BURN £3	♥♥♥♥♥♥	STUDIO 1
18.00-18.45	CHAMP BUILD £5	♥♥♥♥♥♥	URBAN GYM
18.00-18.30	AQUA	♥♥♥♥	POOL
18.00-18.55	VINYASA YOGA £8	♥♥♥♥	STUDIO 1
19.00-19.45	ZUMBA £5	♥♥♥♥	STUDIO 1
19.00-19.45	PILATES & EQUIPMENT £5	♥♥♥♥	STUDIO 2

## TUESDAY

Time	Title	Intensity	Venue
07.30-08.00	AQUA	♥♥♥♥	POOL
08.15-08.45	KETTLEBELLS £3	♥♥♥♥	URBAN GYM
09.00-09.45	BARRE WORKOUT £5	♥♥♥♥	STUDIO 1
09.00-09.30	CHAMP BURN£3	♥♥♥♥♥♥	URBAN GYM
10.00-10.45	FITSTEPS £5	♥♥♥♥	STUDIO 1
10.00-10.30	AQUA	♥♥♥♥	POOL
11.00-11.45	PILATES & EQUIPMENT £5	♥♥♥♥	STUDIO 2
11.00-11.55	VINYASA YOGA £8	♥♥♥♥	STUDIO 1
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	LOOP BAND WORKOUT £5	♥♥	STUDIO 1
15.00-15.30	BODY STRETCH £3	♥♥	STUDIO 1
16.00-16.30	AQUA	♥♥♥♥	POOL
16.15-17.00	FITNESS PILATES £5	♥♥♥♥	STUDIO 1
17.00-17.45	BARRE WORKOUT £5	♥♥♥♥	STUDIO 1
17.15-17.45	CHAMP BUILD£3	♥♥♥♥♥♥	URBAN GYM
18.00-18.45	CHAMP PILATES £5	♥♥♥♥♥♥	STUDIO 2
18.00-18.45	BODYSULPT 45 £5	♥♥♥♥	STUDIO 1
19.00-19.45	CHAMP RIDE 45 £5	♥♥♥♥♥♥	CYCLE STUDIO
19.00-19.45	DANCE FIT £5	♥♥♥♥	STUDIO 1

## WEDNESDAY

Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.45	FITNESS PILATES £5	♥♥♥♥	STUDIO 1
08.15-08.45	CHAMP BURN £3	♥♥♥♥♥♥	URBAN GYM
09.00-09.45	CHAMP RIDE 45 £5	♥♥♥♥♥♥	CYCLE STUDIO
09.00-09.45	CHAMP BUILD £5	♥♥♥♥	STUDIO 1
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.45	BODYSULPT £5	♥♥♥♥	STUDIO 1
11.00-11.30	CHAMP BUILD £3	♥♥♥♥♥♥	URBAN GYM
11.00-11.55	VINYASA YOGA £8	♥♥♥♥	STUDIO 1
12.00-12.45	STRETCH & MOBILISE £5	♥♥♥♥	STUDIO 1
13.00-13.45	INTERMEDIATE PILATES £5	♥♥♥♥	STUDIO 1
14.00-14.30	WELLNESS CHECK INTRO	♥♥♥♥	FITNESS DESK
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	FITNESS PILATES £5	♥♥♥♥	STUDIO 1
15.00-15.30	GRATITUDE WALK	♥♥	FITNESS DESK
16.00-16.30	BODY STRETCH £3	♥♥	STUDIO 1
17.00-17.55	TAI CHI £8	♥♥	STUDIO 1
17.00-17.30	KETTLEBELLS £3	♥♥♥♥	URBAN GYM
17.15-17.45	LEGS, BUMS & TUMS £3	♥♥♥♥	STUDIO 2
18.00-18.30	AQUA	♥♥♥♥	POOL
18.00-18.45	DANCE FIT £5	♥♥♥♥	STUDIO 1
19.00-19.45	CHAMP BUILD £5	♥♥♥♥	STUDIO 1

## THURSDAY

Time	Title	Intensity	Venue
07.30-08.00	AQUA	♥♥♥♥	POOL
08.00-08.55	TAI CHI £8	♥♥♥♥	STUDIO 1
08.15-08.45	CHAMP RIDE £3	♥♥♥♥♥♥	CYCLE STUDIO
09.00-09.45	CORE BALANCE £5	♥♥♥♥	STUDIO 2
09.00-09.55	VINYASA YOGA £8	♥♥♥♥	STUDIO 1
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.45	BARRE WORKOUT £5	♥♥♥♥	STUDIO 1
11.00-11.30	CHAMP BURN £3	♥♥♥♥♥♥	URBAN GYM
11.00-11.45	BODYSULPT £5	♥♥♥♥	STUDIO 1
12.00-12.45	CHAMP BUILD £5	♥♥♥♥♥♥	STUDIO 1
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.55	YIN YOGA £8	♥♥♥♥	STUDIO 1
15.00-15.30	GRATITUDE WALK	♥♥	FITNESS DESK
15.00-15.45	SENIOR STRENGTH 45 £5	♥♥♥♥	STUDIO 1
16.00-16.30	AQUA	♥♥♥♥	POOL
17.15-17.45	CHAMP BUILD £3	♥♥♥♥♥♥	URBAN GYM
18.00-18.45	CHAMP RIDE £5	♥♥♥♥♥♥	CYCLE STUDIO
18.15-19.00	FITSTEPS £5	♥♥♥♥	STUDIO 1
18.00-18.45	CHAMP BOX £5	♥♥♥♥♥♥	URBAN GYM
19.00-19.45	PILATES & EQUIPMENT £5	♥♥♥♥	STUDIO 2
19.15-20.00	FITNESS PILATES £5	♥♥♥♥	STUDIO1

## FRIDAY

Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.15-08.45	SENIOR STRENGTH 30 £3	♥♥♥♥	STUDIO 1
09.00-09.45	FITNESS PILATES £5	♥♥♥♥	STUDIO 1
09.00-09.30	CHAMP BUILD £3	♥♥♥♥♥♥	URBAN GYM
10.00-10.55	HATHA YOGA £8	♥♥	STUDIO 1
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.30	CHAMP RIDE 30 £3	♥♥♥♥♥♥	CYCLE STUDIO
11.00-11.45	PILATES & EQUIPMENT £5	♥♥♥♥	STUDIO 2
11.00-11.45	STRETCH & RELAX £5	♥♥	STUDIO 1
12.00-12.45	ZUMBA £5	♥♥♥♥	STUDIO 1
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	LOOP BAND WORKOUT £5	♥♥	STUDIO 1
15.00-15.30	FOAM ROLLING £3	♥♥	STUDIO 1
17.00-17.30	CHAMP BOX £3	♥♥♥♥♥♥	URBAN GYM
17.00-17.45	CHAMP PILATES £5	♥♥♥♥	STUDIO 2
17.30-18.15	BARRE WORKOUT £5	♥♥♥♥	STUDIO 1
18.00-18.30	KETTLEBELLS £3	♥♥♥♥	URBAN GYM
18.30-19.15	BODYSULPT £5	♥♥♥♥	STUDIO 1
19.00-19.30	CHAMP RIDE 30 £5	♥♥♥♥♥♥	CYCLE STUDIO
19.30-20.25	YIN YOGA £8	♥♥♥♥	STUDIO 1

## SATURDAY

Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.15-08.45	MORNING MOBILITY £5	♥♥♥♥	STUDIO 1
09.00-09.45	BODYSULPT 45 £5	♥♥♥♥	STUDIO 1
09.00-09.45	CHAMP PILATES £5	♥♥♥♥	STUDIO 2
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.45	ZUMBA £5	♥♥♥♥	STUDIO 1
11.00-11.45	CHAMP BUILD £5	♥♥♥♥	STUDIO 1
12.30-13.00	CHAMP RIDE 30 £3	♥♥♥♥	CYCLE STUDIO
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.30	CORE BALANCE £3	♥♥♥♥	STUDIO 1
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
15.00-15.30	GRATITUDE WALK	♥♥	FITNESS DESK
16.00-16.30	AQUA	♥♥♥♥	POOL
17.15-18.00	BODYSULPT £5	♥♥♥♥	STUDIO 1
18.15-19.00	STRETCH & RELAX £5	♥♥	STUDIO 1

## SUNDAY

Time	Title	Intensity	Venue
07.30-08.00	AQUA	♥♥♥♥	POOL
08.15-08.45	WAKE UP WORKOUT £3	♥♥♥♥	STUDIO 1
09.00-09.30	KETTLEBELLS £3	♥♥♥♥	URBAN GYM
09.00-09.55	HATHA YOGA £8	♥♥	STUDIO 1
10.00-10.30	CHAMP RIDE 30 £3	♥♥♥♥	CYCLE STUDIO
10.00-10.55	HATHA YOGA £8	♥♥	STUDIO 1
10.00-10.30	AQUA	♥♥♥♥	POOL
11.00-11.45	CHAMP PILATES £5	♥♥♥♥	STUDIO 2
11.15-12.00	BODYSULPT £5	♥♥♥♥	STUDIO 1
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.30	LEGS, BUMS & TUMS £3	♥♥♥♥	STUDIO 1
15.00-15.45	SENIOR STRENGTH 45£5	♥♥♥♥	STUDIO 1
16.00-16.30	CHAMP RIDE 30 £3	♥♥♥♥	CYCLE STUDIO
17.15-18.00	CHAMP BUILD £5	♥♥♥♥	STUDIO 1
18.15-19.00	STRETCH & RELAX £5	♥♥	STUDIO 1

## MASTERCLASS

<b>BECKY MCVEIGH</b> 6TH JUNE 09.00 BODYSULPT £5 15.00 MEDITATION £8 19.00 YOGA £8	<b>DEBBIE LENNON</b> 27TH JUNE 09.00 BODYSULPT £5 11.00 STRENGTH & CONDITION £5 17.15 CIRCUITS £5
<b>7TH JUNE</b> 11.00 PILATES £5 14.00 MEDITATION £8	<b>28TH JUNE</b> 09.00 LEGS, BUMS & TUMS £3 11.15 BODY PUMP £5 14.00 LEGS, BUMS & TUMS £3

## INFORMATION

**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, Wellness 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 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.

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

### 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