

# Champneys Eastwell Manor: Activity Schedule November 2024

## MONDAY

Time	Title	Intensity	Venue
07:00-07:30	Champ Ride 30 £	♥♥♥♥♥	Studio
08:30-09:15	Total Body Workout £	♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
10:30-11:15	Champ Ride 45 £	♥♥♥♥♥	Studio
11:30-12:15	Fitness Pilates £	♥♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:30	Gratitude Walk	♥	Outdoor
15:45-16:15	Stretch and Relax £	♥♥	Studio
17:30-18:00	Kettlebells £	♥♥♥♥♥	Studio
18:30-19:00	Aqua	♥♥♥♥	Pool
19:15-20:00	Box Fit £	♥♥♥♥♥	Studio

## TUESDAY

Time	Title	Intensity	Venue
07:00-07:45	Fitness Pilates £	♥♥♥♥	Studio
08:30-09:00	HIIT £	♥♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
09:30-10:25	Hatha Yoga ££	♥♥♥♥	Studio
10:45-11:15	Champ Ride 30 £	♥♥♥♥♥	Studio
11:30-12:00	Circuits £	♥♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:45	Country Hike	♥♥	Outdoor
15:45-16:15	Stretch and Relax £	♥♥	Studio
17:30-18:15	Champ Ride 45 £	♥♥♥♥♥	Studio
18:45-19:15	Aqua	♥♥♥♥	Pool
19:15-20:00	Tai Chi ££	♥♥♥♥	Studio
19:30-20:15	Boot Camp Circuits	♥♥♥♥♥	Studio

## WEDNESDAY

Time	Title	Intensity	Venue
07:00-07:30	Circuits £	♥♥♥♥♥	Studio
07:30-08:00	Stretch £	♥♥♥♥	Studio
08:30-09:00	Stretch £	♥♥	Studio
09:15-10:00	Powerhoop ££	♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
10:30-11:15	Total Body Workout £	♥♥♥♥♥	Studio
11:30-12:15	Legs, Bums & Tums £	♥♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:30	Gratitude Walk	♥	Outdoor
15:45-16:15	Stretch and Relax £	♥♥	Studio
17:30-18:00	Champ Ride 30 £	♥♥♥♥♥	Studio
18:30-19:15	Total Body Workout £	♥♥♥♥♥	Studio
19:30-20:15	Fitness Pilates £	♥♥♥♥	Studio

## THURSDAY

Time	Title	Intensity	Venue
07:00-07:45	Champ Ride 45 £	♥♥♥♥♥	Studio
08:00-08:45	Bodysculpt £	♥♥♥♥	Studio
09:00-09:55	Hatha Yoga ££	♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
10:30-11:15	Box Fit £	♥♥♥♥♥	Studio
11:30-12:00	HIIT £	♥♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:45	Country Hike	♥♥	Outdoor
15:45-16:15	Stretch & Relax £	♥♥	Studio
17:30-18:15	Legs, Bums & Tums £	♥♥♥♥♥	Studio
18:45-19:15	Aqua	♥♥♥♥	Pool
19:30-20:30	Restorative Yoga ££	♥♥	Studio
19:30-20:15	Bodysculpt £	♥♥♥♥	Studio

## FRIDAY

Time	Title	Intensity	Venue
07:00-07:30	HIIT £	♥♥♥♥♥	Studio
08:30-09:25	Vinyasa Yoga ££	♥♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
10:30-11:15	Champ Ride 45 £	♥♥♥♥♥	Studio
11:30-12:00	Circuits £	♥♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:30	Gratitude Walk	♥	Outdoor
15:45-16:15	Stretch and Relax £	♥♥	Studio
18:00-18:45	Total Body Workout £	♥♥♥♥♥	Studio
18:45-19:15	Stretch £	♥♥	Studio

## SATURDAY

Time	Title	Intensity	Venue
07:00-07:30	Kettlebells £	♥♥♥♥♥	Studio
08:00-08:55	Vinyasa Yoga ££	♥♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
10:30-11:15	Boot Camp Circuits £	♥♥♥♥♥	Studio
11:30-12:00	Champ Ride 30 £	♥♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:45	Country Hike	♥♥	Outdoor
15:45-16:15	Stretch and Relax £	♥♥	Studio
17:30-18:00	Core Fusion £	♥♥♥	Studio

## SUNDAY

Time	Title	Intensity	Venue
08:30-09:15	Boot Camp Circuits £	♥♥♥♥♥	Studio
09:30-10:00	Aqua	♥♥♥♥	Pool
10:30-11:15	Bodysculpt £	♥♥♥♥	Studio
12:30-13:00	Gym Intro	♥	Gym
14:00-14:45	Dog Friendly Walk	♥	Outdoor
15:45-16:15	Stretch and Relax	♥♥	Studio
18:30-19:15	Total Body Workout £	♥♥♥♥♥	Studio

## MASTERCLASS

- 2nd November – Qi Gong workshop with Club Chi. 10:00-13:00
- 20th November – Rowathon2. 08:00-20:00
- 9th November – Wim Hoff method retreat with Vitae VJ 09:00-13:30
- 19th November – Aqua sound bath with Martin Holme 07:45-21:00

## 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 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.