

Champneys Forest Mere: Activity Schedule November 2024

MONDAY

Time	Title	Intensity	Venue
07.00-07.30	Aqua Fit	♥♥♥♥	POOL
08.00-08.45	Bodysculpt £5	♥♥♥♥	STUDIO 2
09.00-09.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
10.00-10.45	Circuits £5	♥♥♥♥	STUDIO 2
11.00-11.45	Pilates Core £5	♥♥♥♥	STUDIO 1
12.00-12.30	Healing Meditation £8	♥	STUDIO 1
12.30-13.00	Gym Intro	♥	GYM
13.00-13.55	Country Hike	♥♥	F&W DESK
15.15-15.45	Body Stretch £3	♥♥♥♥	STUDIO 1
16.00-16.30	Aqua Fit	♥♥♥♥	POOL
17.00-17.30	Metcon £3	♥♥♥♥	STUDIO 2
17.00-17.55	Seasonal Yoga £8	♥♥♥♥	STUDIO 1
18.00-18.45	Pilates Core £5	♥♥♥♥	STUDIO 1
18.00-18.45	Zumba £5	♥♥♥♥	STUDIO 2
19.00-19.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
19.00-19.45	Total Barre £5	♥♥♥♥	STUDIO 1

TUESDAY

Time	Title	Intensity	Venue
07.00-07.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
08.30-09.00	Lakeside Walk	♥♥	F&W DESK
09.00-09.45	Pilates Core £5	♥♥♥♥	STUDIO 1
09.30-10.00	Aqua Fit	♥♥♥♥	POOL
10.30-11.15	Legs, Bums & Tums £5	♥♥♥♥	STUDIO 2
10.30-11.25	Flow Yoga £8	♥♥♥♥	STUDIO 1
12.00-12.55	Meditation £8	♥	STUDIO 1
13.00-13.30	Gym Intro	♥	GYM
13.30-13.55	Healing Meditation £8	♥	STUDIO 1
14.00-14.45	Country Hike	♥♥	F&W DESK
15.00-15.30	Foam Rollers £3	♥♥	STUDIO 1
15.30-16.00	Line Dancing £3	♥♥	STUDIO 2
16.30-17.00	Body Stretch £3	♥♥	STUDIO 1
17.15-18.00	Aerobics £5	♥♥♥♥	STUDIO 2
17.00-17.30	Aqua Fit	♥♥♥♥	POOL
18.00-18.55	Flow Yoga £8	♥♥♥♥	STUDIO 1
18.15-19.00	Bootcamp Circuits £5	♥♥♥♥	STUDIO 2
19.00-20.00	Deep Stretch & Tone £5	♥♥♥♥	STUDIO 1

WEDNESDAY

Time	Title	Intensity	Venue
07.00-07.30	Aqua Fit	♥♥♥♥	POOL
08.00-08.45	Pilates Core £5	♥♥♥♥	STUDIO 1
09.00-09.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
09.00-09.55	Yoga Flow £8	♥♥♥♥	STUDIO 1
10.00-10.45	Legs, Bums & Tums £5	♥♥♥♥	STUDIO 2
12.30-13.00	Gym Intro	♥	GYM
13.00-13.30	Core Fusion £3	♥♥♥♥	STUDIO 2
14.00-14.55	Country Hike	♥♥	F&W DESK
15.00-15.30	Gratitude Walk	♥	F&W DESK
16.00-16.30	Aqua Fit	♥♥♥♥	POOL
17.00-17.55	Flow Yoga £8	♥♥♥♥	STUDIO 1
17.00-17.30	Metcon £3	♥♥♥♥	STUDIO 2
18.00-18.55	Tai Chi £8	♥♥	STUDIO 1
18.00-18.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
19.00-19.55	Kundalini Yoga £8	♥♥	STUDIO

THURSDAY

Time	Title	Intensity	Venue
07.00-07.30	Aqua Fit	♥♥♥♥	POOL
08.00-08.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
09.00-09.45	Bodysculpt £5	♥♥♥♥	STUDIO 2
09.15-10.00	Chi Ball £8	♥♥	STUDIO 1
10.00-10.45	Fitness Fusion £5	♥♥♥♥	STUDIO 2
11.00-11.45	Pilates Core £5	♥♥♥♥	STUDIO 1
12.00-12.55	Meditation £8	♥	STUDIO 1
13.00-13.45	Bodysculpt £5	♥♥♥♥	STUDIO 2
13.00-13.30	Gym Intro	♥	GYM
13.30-13.55	Healing Meditation £8	♥	STUDIO 1
14.00-14.55	Country Hike	♥♥	F&W DESK
15.00-15.30	Body Stretch £3	♥♥	STUDIO 1
17.00-17.30	Aqua Fit	♥♥♥♥	POOL
17.00-17.55	Seasonal Yoga £8	♥♥♥♥	STUDIO 1
18.00-18.45	Pilates Core £5	♥♥♥♥	STUDIO 1

FRIDAY

Time	Title	Intensity	Venue
07.00-07.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
08.00-08.30	Aqua Fit	♥♥♥♥	POOL
09.00-09.45	Pilates Core £5	♥♥♥♥	STUDIO 1
10.00-10.55	Hatha Yoga £8	♥♥♥♥	STUDIO 1
10.15-11.00	Legs, Bums & Tums £5	♥♥♥♥	STUDIO 2
11.10-11.55	Intermediate Pilates £8	♥♥♥♥	STUDIO 1
13.00-13.30	Body Blitz £3	♥♥♥♥	STUDIO 2
14.00-15.30	Long Hike	♥♥♥♥	F&W DESK
15.00-15.30	Gratitude Walk	♥	F&W DESK
15.30-16.00	Body Stretch £3	♥♥	STUDIO 1
16.00-16.30	Gym Intro	♥	GYM
16.00-16.30	Hula Hoop £3	♥	STUDIO 2
17.00-17.30	Aqua Fit	♥♥♥♥	POOL
17.00-17.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
17.00-17.55	Ashtanga Yoga £8	♥♥♥♥	STUDIO 1
18.00-18.30	Body Blitz £3	♥♥♥♥	STUDIO 2
18.00-18.55	Deep Stretch £5	♥♥♥♥	STUDIO 1
19.30-20.00	Line Dancing £3	♥♥	STUDIO 2

SATURDAY

Time	Title	Intensity	Venue
08.00-08.30	Aqua Fit	♥♥♥♥	POOL
09.00-09.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
10.00-10.50	Yoga Flow £8	♥♥♥♥	STUDIO 1
11.00-11.30	Lakeside Walk	♥♥	F&W DESK
11.00-11.45	Masterclass £5	♥♥	STUDIO 2
12.00-12.45	Pilates Core £5	♥♥♥♥	STUDIO 1
13.00-13.30	Gym Intro	♥	GYM
14.00-14.45	Stretch & Relax £5	♥♥♥♥	STUDIO 1
14.00-14.45	The Dog Walk	♥♥	F&W DESK
15.00-15.30	Foam Rollers £3	♥♥	STUDIO 1
15.30-16.30	Resistance Band Workout £5	♥♥♥♥	STUDIO 1
17.00-17.30	Aqua Fit	♥♥♥♥	POOL
17.00-17.45	Rebounding £5	♥♥♥♥	STUDIO 2
18.00-18.45	Bodysculpt £5	♥♥♥♥	STUDIO 2
18.15-18.45	Line Dancing £3	♥♥	STUDIO 1
19.00-19.30	Body Stretch £3	♥♥	STUDIO 1

SUNDAY

Time	Title	Intensity	Venue
08.00-08.30	Aqua Fit	♥♥♥♥	POOL
09.00-09.55	Kundalini Yoga £8	♥♥♥♥	STUDIO 1
09.00-09.45	Circuits £5	♥♥♥♥	STUDIO 2
10.00-10.45	Champ Ride £5	♥♥♥♥♥	STUDIO 2
11.00-11.30	Lakeside Walk	♥♥	F&W DESK
11.00-11.45	Masterclass £5	♥♥	STUDIO 2
12.00-12.45	Stretch & Relax £5	♥♥♥♥	STUDIO 1
13.00-13.45	Gym Intro	♥	GYM
14.00-14.55	Country Hike	♥♥	F&W DESK
15.00-15.30	Foam Rollers £3	♥♥	STUDIO 1
15.30-16.00	Body Stretch £3	♥♥	STUDIO 1
17.00-17.45	Boxercise £5	♥♥♥♥	STUDIO 2
18.00-18.55	Restorative Yoga £8	♥	STUDIO 1

MASTERCLASS

Cathy Rogers:

8am 2nd November 2024 Aqua Fit
9am 2nd November 2024 Champ Ride £
11am 2nd November 2024 Zumba £
8am 3rd November 2024 Aqua Fit
10am 3rd November 2024 Champ Ride £
11am 3rd November 2024 Zumba £

Jane Alexander:

8am 9th November 2024 Aqua Fit
11am 9th November 2024 Zumba £
12pm 9th November 2024 Pilates Core £
8am 10th November 2024 Aqua Fit
11am 10th November 2024 Dance Class £
12pm 10th November 2024 Stretch & Flow £

Louise Jones:

9am 16th November 2024 Champ Ride £
11am 16th November 2024 Bodybalance £
8am 17th November 2024 Aqua Fit
10am 17th November 2024 Champ Ride £
11am 17th November 2024 Legs, Bums & Tums £

Arniex:

6pm 22nd November 2024 HIIT £
12pm 23rd November 2024 Pilates Core £
11am 24th November 2024 Deepwork £

Bethany Demelza:

11am 23rd November 2024 Flow Yoga £
2pm 23rd November 2024 Stretch & Relax £
12pm 24th November 2024 Stretch & Relax £

Neil Solmon:

5pm 29th November 2024 Champ Ride £
9am 30th November 2024 Champ Ride £
11am 30th November 2024 Aerobics £

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 ; £5 for 45- minute classes, with the exception of £8 specialist classes.

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.

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 be charged at full price if the class was full.

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.