

# Champneys Henlow: Activity Schedule October 2024

MONDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.15-08.45	MORNING MOBILITY £	♥♥♥♥	STUDIO
09.00-09.45	FITNESS PILATES £	♥♥♥♥	STUDIO
09.00-09.30	CHAMP RIDE £	♥♥♥♥♥	CYCLE STUDIO
10.00-10.30	AQUA	♥♥♥♥	POOL
11.00-11.30	CHAMP STRENGTH £	♥♥♥♥	URBAN GYM
11.00-11.55	HATHA YOGA £	♥♥	STUDIO
12.00-12.55	BREATH & MEDITATION £	♥♥	STUDIO
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.30	EXPRESS LBT £	♥♥♥♥	STUDIO
15.00-15.30	BODYSULPT £	♥♥♥♥	STUDIO
16.00-16.30	AQUA	♥♥♥♥	POOL
17.15-17.45	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
18.00-18.45	CHAMP STRENGTH £	♥♥♥♥	URBAN GYM
18.00-18.30	AQUA	♥♥♥♥	POOL
18.00-18.55	VINYASA YOGA £	♥♥♥♥	STUDIO
19.00-19.45	ZUMBA £	♥♥♥♥	STUDIO
19.00-19.45	INTERMEDIATE PILATES £	♥♥♥♥	STUDIO 2

TUESDAY			
Time	Title	Intensity	Venue
07.30-08.00	AQUA	♥♥♥♥	POOL
08.15-08.45	KETTLEBELLS £	♥♥♥♥	URBAN GYM
09.00-09.45	BARRE FUSION £	♥♥♥♥	STUDIO
09.00-09.30	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
09.00-09.45	BEGINNER PILATES £	♥♥	STUDIO 2
10.00-10.45	FITSTEPS £	♥♥♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥♥	POOL
10.30-11.25	PILATES WITH BANDS £	♥♥♥♥	STUDIO 2
11.00-11.55	VINYASA YOGA £	♥♥♥♥	STUDIO
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.30	BODY STRETCH £	♥♥	STUDIO
15.00-15.45	FITNESS PILATES £	♥♥♥♥	STUDIO
15.00-15.30	FOAM ROLLERS £	♥♥	URBAN GYM
16.00-16.30	AQUA	♥♥♥♥	POOL
17.15-17.45	URBAN POWER £	♥♥♥♥♥	URBAN GYM
18.00-18.45	BODYSULPT £	♥♥♥♥	STUDIO
19.00-19.30	CHAMP RIDE £	♥♥♥♥♥	CYCLE STUDIO

WEDNESDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.00-08.45	FITNESS PILATES £	♥♥♥♥	STUDIO
08.15-08.45	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
09.00-09.45	CHAMP STRENGTH £	♥♥♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥♥	POOL
11.00-11.30	URBAN POWER £	♥♥♥♥	URBAN GYM
11.00-11.55	VINYASA YOGA £	♥♥♥♥	STUDIO
11.00-11.45	INTERMEDIATE PILATES £	♥♥♥♥	STUDIO 2
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	CHAMPILATES £	♥♥♥♥	STUDIO
15.00-15.30	GRATITUDE WALK	♥♥	FITNESS DESK
16.00-16.30	BODY STRETCH £	♥♥	STUDIO
17.15-17.45	EXPRESS LBT £	♥♥♥♥	STUDIO
18.00-18.30	AQUA	♥♥♥♥	POOL
18.00-18.45	CHAMP DANCE £	♥♥♥♥	STUDIO
19.00-19.45	CIRCUITS £	♥♥♥♥	STUDIO
19.00-19.30	CHAMP STRENGTH £	♥♥♥♥	URBAN GYM

THURSDAY			
Time	Title	Intensity	Venue
07.30-08.00	AQUA	♥♥♥♥	POOL
08.15-08.45	CORE STABILITY £	♥♥♥♥	STUDIO
09.00-09.45	CHAMP BLEND £	♥♥♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥♥	POOL
11.00-11.30	URBAN HIIT £	♥♥♥♥♥	URBAN GYM
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.30	HULA HOOP £	♥♥♥♥	STUDIO
15.00-15.30	GRATITUDE WALK	♥♥	FITNESS DESK
15.00-15.45	SENIORS STRENGTH £	♥♥♥♥	STUDIO
16.00-16.30	AQUA	♥♥♥♥	POOL
17.15-18.00	BALLET FUSION £	♥♥♥♥	STUDIO
17.15-17.45	URBAN HIIT £	♥♥♥♥♥	STUDIO 2
18.00-18.45	CHAMP RIDE £	♥♥♥♥♥	CYCLE STUDIO
18.15-19.00	FITSTEPS £	♥♥♥♥	STUDIO
19.00-19.45	CHAMP BOX £	♥♥♥♥♥	URBAN GYM
19.00-19.45	PILATES WITH BANDS £	♥♥♥♥	STUDIO 2
19.15-20.00	FITNESS PILATES £	♥♥♥♥	STUDIO

FRIDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.15-08.45	SENIORS STRENGTH £	♥♥♥♥	STUDIO
09.00-09.45	FITNESS PILATES £	♥♥♥♥	STUDIO
09.00-09.30	URBAN FUSION £	♥♥♥♥♥	URBAN GYM
09.00-09.45	PILATES & EQUIPMENT £	♥♥♥♥	STUDIO 2
10.00-10.55	HATHA YOGA £	♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥♥	POOL
10.30-11.15	PILATES WITH BANDS £	♥♥♥♥	STUDIO 2
11.00-11.45	STRETCH AND RELAX £	♥♥	STUDIO
12.00-12.45	CHAMP DANCE £	♥♥♥♥	STUDIO
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.45	CIRCUITS £	♥♥♥♥	STUDIO
15.00-15.30	FOAM ROLLERS £	♥♥	URBAN GYM
17.15-17.45	CHAMP BOX £	♥♥♥♥♥	URBAN GYM
17.30-18.15	BARRE FUSION £	♥♥♥♥	STUDIO
18.00-18.30	KETTLEBELL £	♥♥♥♥	URBAN GYM
18.30-19.15	BARRE FUSION £	♥♥♥♥	STUDIO
19.00-19.45	CHAMP RIDE £	♥♥♥♥♥	CYCLE STUDIO
19.30-20.15	YIN YOGA £	♥♥	STUDIO

SATURDAY			
Time	Title	Intensity	Venue
07.00-07.30	AQUA	♥♥♥♥	POOL
08.15-08.45	MORNING MOBILITY £	♥♥♥♥	STUDIO
09.00-09.45	BODYSULPT £	♥♥♥♥	STUDIO
09.00-09.45	BEGINNERS PILATES £	♥♥	STUDIO 2
10.00-10.30	AQUA	♥♥♥♥	POOL
10.00-10.45	ZUMBA £	♥♥♥♥	STUDIO
10.30-11.15	INTERMEDIATE PILATES £	♥♥♥♥♥	STUDIO 2
11.00-11.30	URBAN POWER £	♥♥♥♥	URBAN GYM
12.30-13.00	CHAMP RIDE £	♥♥♥♥	CYCLE STUDIO
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.30	CORE STABILITY £	♥♥♥♥	STUDIO
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 £	♥♥♥♥	STUDIO
18.15-19.00	STRETCH & RELAX £	♥♥	STUDIO

SUNDAY			
Time	Title	Intensity	Venue
07.30-08.00	AQUA	♥♥♥♥	POOL
08.15-08.45	WAKE UP WORKOUT £	♥♥♥♥	STUDIO
09.00-09.30	KETTLEBELLS £	♥♥♥♥	URBAN GYM
09.00-09.55	HATHA YOGA £	♥♥	STUDIO
10.00-10.55	HATHA YOGA £	♥♥	STUDIO
10.00-10.30	AQUA	♥♥♥♥	POOL
11.00-11.30	URBAN FUSION £	♥♥♥♥	URBAN GYM
13.00-13.30	GYM INTRO	♥♥♥♥	GYM
14.00-14.45	COUNTRY WALK	♥♥	FITNESS DESK
14.00-14.30	EXPRESS LBT £	♥♥♥♥	STUDIO
15.00-15.30	HULA HOOP £	♥♥♥♥	STUDIO
16.00-16.30	CHAMP RIDE £	♥♥♥♥	CYCLE STUDIO
17.15-18.00	STRETCH & RELAX £	♥♥	STUDIO
18.30-19.15	CHAMP STRENGTH £	♥♥♥♥	STUDIO

MASTERCLASS			
<b>Kerry Dennis</b>			
SAT	12th	11.00 - 11.45	Fitness Fusion £
SAT	12th	14.00 - 14.30	Midsection Meltown £
SUN	13th	11.30 - 12.15	Calisthenics £
SUN	13th	14.00 - 14.30	Express LBT £
<b>Nicola Richmond</b>			
SAT	19th	11.00 - 11.30	Hula Hoop £
SAT	19th	15.00 - 15.45	Salsa £
SUN	20th	07.30 - 08.00	Aqua
SUN	20th	11.15 - 12.00	Pilates £
<b>Kate Bishop</b>			
SAT	26th	11.00 - 11.30	Urban Power £
SAT	26th	17.15 - 18.00	Bodysculpt £
SAT	26th	18.15 - 19.00	Stretch & Relax £
SUN	27th	09.00 - 09.30	Kettlebells £
SUN	27th	11.00 - 11.30	Urban Fusion £
SUN	27th	14.00 - 14.30	Express LBT £

## 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 for specialist classes.

Aqua, walks, Gym 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 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.