

# Champneys Mottram Hall: Activity Schedule November 2024

## MONDAY

Time	Title	Intensity	Venue
07.15-07.45	Kettlebells £	♥♥♥♥♥	Studio 1
08.00-08.55	Pilates £	♥♥♥♥♥	Studio 1
09.15-10.00	LBT £	♥♥♥♥♥	Studio 1
10.30-11.15	Body Pump £	♥♥♥♥♥	Studio 1
11.30-12.25	Yoga Pilates Fusion £	♥♥♥♥	Studio 1
14.00-14.45	Virtual Barre	♥♥♥	Studio 1
15.30-16.00	Gym Induction	♥	Gym
17.00-17.45	Champ Ride 45 £	♥♥♥♥♥	Cycle Studio
17.30-18.15	Bodysculpt £	♥♥♥♥♥	Studio 1
18.30-19.25	Mandala Yoga £	♥♥♥♥	Studio 1
19.45-20.30	Virtual SHBAM	♥♥♥♥♥	Studio 1

## TUESDAY

Time	Title	Intensity	Venue
07.15-07.45	Champ HIIT £	♥♥♥♥♥	Cycle Studio
09.00-09.45	Virtual Body Barre	♥♥♥	Studio 1
09.10-09.55	Cycle Energy	♥♥♥♥♥	Cycle Studio
10.00-10.45	Body Pump £	♥♥♥♥♥	Studio 1
11.30-12.25	Hatha Yoga £	♥♥♥	Studio 1
13.00-13.25	Aqua	♥♥♥	Pool
14.00-14.45	Virtual SHBAM	♥♥♥♥♥	Studio 1
14.00-14.30	Gym Induction	♥	Gym
17.00-17.45	Body Pump £	♥♥♥♥♥	Studio 1
18.00-18.45	Champ Ride 45 £	♥♥♥♥♥	Cycle Studio
17.45-18.30	Body Balance £	♥♥♥♥♥	Studio 1

## WEDNESDAY

Time	Title	Intensity	Venue
07.15-07.45	Kettlebells £	♥♥♥♥♥	Gym
08.00-08.30	Champ Ride 30 £	♥♥♥♥♥	Cycle Studio
09.15-10.10	Body Balance £	♥♥♥	Studio 1
10.30-11.15	Body Blitz £	♥♥♥♥♥	Studio 1
11.20-12.05	Pilates £	♥♥♥	Studio 1
14.00-14.30	Gym Induction	♥	Gym
17.00-17.50	Pilates	♥♥♥	Studio 1
18.30-19.15	Champ Ride 45 £	♥♥♥♥♥	Cycle Studio
18.00-18.45	Clubbercise £	♥♥♥♥♥	Studio 1
19.00-19.55	Yoga Skills £	♥♥♥	Studio 1

## THURSDAY

Time	Title	Intensity	Venue
07.15-07.45	Champ HIIT £	♥♥♥♥♥	Studio 1
08.00 - 08.55	Pilates £	♥♥♥♥♥	Studio 1
09.00-09.55	Barre Workout £	♥♥♥♥♥	Studio 1
09.15-09.55	Champ Ride 45 £	♥♥♥♥♥	Cycle Studio
11.00-11.55	Body Balance £	♥♥♥	Studio 1
13.00-13.30	Aqua	♥	Pool
14.00-14.30	Gym Induction	♥♥♥♥♥	Gym
15.00-15.45	LBT £	♥♥♥♥♥	Studio 1
17.00-17.45	Bodysculpt £	♥♥♥	Studio 1
18.00-18.55	Restorative Yoga £	♥♥♥♥♥	Studio 1
18.30-19.15	Champ Ride 45 £	♥♥♥♥♥	Cycle Studio

## FRIDAY

Time	Title	Intensity	Venue
07.15-07.45	Body Stretch £	♥♥	Studio 1
08.30-09.00	Kettlebells £	♥♥♥♥♥	Studio 1
10.30 - 11.45	Body Pump £	♥♥♥♥♥	Studio 1
10.15-11.00	Champ Ride 45 £	♥♥♥♥♥	Cycle Studio
11.30-12.25	Vinyasa Yoga £	♥♥♥	Studio 1
15.00-15.30	Champ Ride 30 £	♥♥♥	Cycle Studio
15.30-16.00	Gym Induction	♥	Gym
17.00-17.30	Virtual Les Mills Core	♥♥♥	Studio 1
18.30-19.00	Body Stretch £	♥♥	Studio 1
19.15-20.00	Virtual Body Attack	♥♥♥	Studio 1

## SATURDAY

Time	Title	Intensity	Venue
09.00-09.45	LBT £	♥♥♥♥♥	Studio 1
10.00-10.30	Body Stretch £	♥	Studio 1
10.30-11.00	Kettlebells £	♥♥♥♥♥	Studio 1
11.45-12.15	Gym Induction	♥	Gym
11.45-12.40	Pilates £	♥♥♥	Studio 1
15.00-15.25	Champ HIIT £	♥♥♥♥♥	Studio 1
16.00-16.30	Body Stretch £	♥♥	Studio 1
17.00 - 17.45	Virtual Body Combat	♥♥♥♥	Studio 1

## SUNDAY

Time	Title	Intensity	Venue
09.00-09.55	Flow Yoga £	♥♥♥	Studio 1
10.30-11.00	Kettlebells £	♥♥♥♥♥	Studio 1
11.30-12.00	Body Stretch £	♥♥	Studio 1
14.00-14.30	Gym Induction	♥	Gym
14.00-14.45	Virtual Barre	♥♥♥	Studio 1
15.00-15.25	Champ HIIT £	♥♥♥♥♥	Studio 1
16.00-16.30	Body Stretch £	♥♥	Studio 1
17.00-17.45	Virtual Body Attack	♥♥♥	Studio 1

## MASTERCLASS

## 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.