

# CHAMPNEYS SPRINGS ACTIVITY SCHEDULE NOVEMBER 2024

| MONDAY      |                     |           |             |
|-------------|---------------------|-----------|-------------|
| Time        | Title               | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT            | ♥♥♥♥      | POOL        |
| 07.30-08.15 | CHAMP BOX           | ♥♥♥♥♥     | HIIT        |
| 08.00-08.30 | BODY BLITZ          | ♥♥♥♥♥     | FITNESS ST  |
| 08.45-09.40 | HATHA YOGA          | ♥♥♥♥      | MIND & BODY |
| 09.00-09.30 | CHAMP RIDE 30       | ♥♥♥♥♥♥    | CYCLE       |
| 10.00-10.30 | LINE DANCING        | ♥♥♥♥      | FITNESS ST  |
| 10.00-10.45 | HATHA YOGA          | ♥♥♥♥      | MIND & BODY |
| 10.30-11.00 | AQUA FIT            | ♥♥♥♥      | POOL        |
| 11.00-11.30 | GYM INTRODUCTION    | ♥         | GYM         |
| 11.00-11.45 | CHAMP PILATES       | ♥♥♥♥      | MIND & BODY |
| 12.00-12.30 | BODY STRETCH        | ♥♥        | MIND & BODY |
| 14.00-14.30 | POWER WALK          | ♥♥♥♥      | OUTDOORS    |
| 15.00-15.30 | LBT'S               | ♥♥♥♥      | FITNESS     |
| 15.30-15.55 | GRATITUDE WALK      | ♥         | OUTDOORS    |
| 16.00-16.30 | FITBALL             | ♥♥♥♥      | FITNESS ST  |
| 17.00-17.30 | AQUA FIT            | ♥♥♥♥      | POOL        |
| 18.00-18.55 | HATHA YOGA          | ♥♥♥♥      | MIND & BODY |
| 18.15-18.45 | HIIT                | ♥♥♥♥♥     | FITNESS ST  |
| 19.00-19.45 | FIRE UP TO YIN YOGA | ♥♥♥♥      | MIND & BODY |

| TUESDAY     |                    |           |             |
|-------------|--------------------|-----------|-------------|
| Time        | Title              | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT           | ♥♥♥♥      | POOL        |
| 08.00-08.45 | CIRCUITS           | ♥♥♥♥♥     | FITNESS ST  |
| 08.00-08.55 | HATHA YOGA         | ♥♥♥♥      | MIND & BODY |
| 09.00-09.30 | FITBALL            | ♥♥♥♥      | FITNESS ST  |
| 09.30-10.00 | AQUA FIT           | ♥♥♥♥      | POOL        |
| 10.00-10.45 | DANCE FIT          | ♥♥♥♥      | FITNESS ST  |
| 11.00-11.30 | GYM INTRO          | ♥         | GYM         |
| 11.15-12.00 | AQUA ZUMBA         | ♥♥♥♥      | POOL        |
| 11.00-11.45 | CHAMP BUILD        | ♥♥♥♥♥     | HIIT        |
| 11.00-11.55 | YOGA               | ♥♥♥♥      | FITNESS ST  |
| 12.00-12.45 | QUANTUM MEDITATION | ♥         | MIND & BODY |
| 14.00-14.30 | LBT'S              | ♥♥♥♥      | FITNESS ST  |
| 15.00-15.30 | BODY STRETCH       | ♥♥        | MIND & BODY |
| 15.30-15.55 | GRATITUDE WALK     | ♥         | OUTDOORS    |
| 16.00-16.30 | PULSEROLL          | ♥♥        | FITNESS ST  |
| 17.00-17.30 | AQUA FIT           | ♥♥♥♥      | POOL        |
| 18.30-19.00 | AQUA FIT           | ♥♥♥♥      | POOL        |
| 19.00-19.55 | YIN YOGA           | ♥♥♥♥      | MIND & BODY |
| 20.00-20.55 | YOGA NIDRA         | ♥         | MIND & BODY |

| WEDNESDAY   |                  |           |             |
|-------------|------------------|-----------|-------------|
| Time        | Title            | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 08.00-08.30 | BODY BLITZ       | ♥♥♥♥♥     | FITNESS ST  |
| 08.00-08.55 | VINYASA YOGA     | ♥♥♥♥      | MIND & BODY |
| 09.00-09.30 | CHAMP RIDE 30    | ♥♥♥♥♥♥    | CYCLE       |
| 09.30-10.00 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 11.00-11.30 | GYM INTRO        | ♥         | GYM         |
| 11.00-11.45 | CHAMP BOX        | ♥♥♥♥♥     | HIIT        |
| 11.00-11.55 | YOGA             | ♥♥♥♥      | MIND & BODY |
| 12.00-12.30 | LBT'S            | ♥♥♥♥      | FITNESS ST  |
| 12.00-12.45 | MEDITATION       | ♥         | MIND & BODY |
| 14.00-14.45 | CHAMP PILATES    | ♥♥♥♥      | MIND & BODY |
| 15.00-15.30 | POWER WALK       | ♥♥♥♥      | OUTDOORS    |
| 15.30-15.55 | GRATITUDE WALK   | ♥         | OUTDOORS    |
| 16.00-16.30 | BODY STRETCH     | ♥♥        | MIND & BODY |
| 17.00-17.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 17.15-18.10 | HATHA YOGA       | ♥♥♥♥      | MIND & BODY |
| 18.15-19.00 | CIRCUITS         | ♥♥♥♥♥     | FITNESS ST  |
| 19.15-20.00 | CHAMP BURN       | ♥♥♥♥♥     | HIIT        |
| 19.15-20.00 | TRAD MAT PILATES | ♥♥♥♥      | MIND & BODY |

| THURSDAY    |                  |           |             |
|-------------|------------------|-----------|-------------|
| Time        | Title            | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 07.30-08.15 | CHAMP BUILD      | ♥♥♥♥♥     | HIIT        |
| 08.00-08.30 | BODY BLITZ       | ♥♥♥♥      | FITNESS ST  |
| 08.00-08.55 | HATHA YOGA       | ♥♥♥♥      | MIND & BODY |
| 09.00-09.45 | CHAMP PILATES    | ♥♥♥♥      | MIND & BODY |
| 10.00-10.45 | DANCE FIT        | ♥♥♥♥      | FITNESS ST  |
| 10.30-11.00 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 11.00-11.30 | GYM INTRO        | ♥         | GYM         |
| 11.00-11.55 | YOGA             | ♥♥♥♥      | FITNESS ST  |
| 12.00-12.45 | THETA MEDITATION | ♥         | MIND & BODY |
| 14.00-14.30 | FITBALL          | ♥♥♥♥      | FITNESS ST  |
| 15.00-15.30 | POWER WALK       | ♥♥♥♥      | OUTDOORS    |
| 15.30-15.55 | GRATITUDE WALK   | ♥         | OUTDOORS    |
| 16.00-16.30 | BODY STRETCH     | ♥♥        | MIND & BODY |
| 17.00-17.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 18.15-18.45 | LBT'S            | ♥♥♥♥      | FITNESS ST  |
| 18.15-19.45 | ASHTANGA VINYASA | ♥♥♥♥♥     | MIND & BODY |
| 19.00-19.45 | CHAMP BOX        | ♥♥♥♥♥     | HIIT        |

| FRIDAY      |                  |           |             |
|-------------|------------------|-----------|-------------|
| Time        | Title            | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 08.00-08.30 | BODY BLITZ       | ♥♥♥♥      | FITNESS ST  |
| 09.00-09.30 | CHAMP RIDE 30    | ♥♥♥♥♥♥    | CYCLE       |
| 10.00-10.55 | HATHA YOGA       | ♥♥♥♥      | MIND & BODY |
| 10.30-11.00 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 11.00-11.30 | GYM INTRODUCTION | ♥         | GYM         |
| 11.00-11.45 | CHAMP PILATES    | ♥♥♥♥      | FITNESS ST  |
| 12.00-12.30 | FITBALL          | ♥♥♥♥      | FITNESS ST  |
| 14.00-14.45 | CHAMP BURN       | ♥♥♥♥♥     | HIIT        |
| 14.00-14.55 | COUNTRY WALK     | ♥♥♥♥      | OUTDOORS    |
| 15.00-15.30 | BODY STRETCH     | ♥         | MIND & BODY |
| 15.30-15.55 | GRATITUDE WALK   | ♥         | OUTDOORS    |
| 16.00-16.45 | FUSION 45        | ♥♥♥♥      | FITNESS ST  |
| 17.00-17.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 18.00-18.45 | ZUMBA            | ♥♥♥♥      | FITNESS ST  |
| 18.50-19.30 | BODYSULPT        | ♥♥♥♥♥     | FITNESS ST  |
| 19.00-19.55 | YOGA NIDRA       | ♥         | MIND & BODY |
| 19.30-20.00 | AQUA FIT         | ♥♥♥♥      | POOL        |

| SATURDAY    |                  |           |             |
|-------------|------------------|-----------|-------------|
| Time        | Title            | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 08.00-08.30 | BODY BLITZ       | ♥♥♥♥      | FITNESS ST  |
| 08.00-08.55 | YIN YOGA         | ♥♥♥♥      | MIND & BODY |
| 09.00-09.30 | CHAMP RIDE 30    | ♥♥♥♥♥♥    | CYCLE       |
| 09.00-09.55 | ASANA LAB        | ♥♥♥♥      | MIND & BODY |
| 10.00-10.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 10.00-10.45 | TRAD MAT PILATES | ♥♥♥♥      | MIND & BODY |
| 11.00-11.45 | CHAMP BUILD      | ♥♥♥♥♥     | HIIT        |
| 11.00-11.45 | DANCE FIT        | ♥♥♥♥      | FITNESS ST  |
| 12.00-12.30 | PULSEROLL        | ♥♥♥♥      | FITNESS ST  |
| 14.00-14.55 | COUNTRY WALK     | ♥♥♥♥      | OUTDOORS    |
| 15.00-15.30 | BODY STRETCH     | ♥♥        | MIND & BODY |
| 15.30-15.55 | GRATITUDE WALK   | ♥         | OUTDOORS    |
| 16.00-16.45 | CIRCUITS         | ♥♥♥♥      | FITNESS ST  |
| 17.00-17.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 18.15-18.45 | FITBALL          | ♥♥♥♥      | FITNESS ST  |

| SUNDAY      |                  |           |             |
|-------------|------------------|-----------|-------------|
| Time        | Title            | Intensity | Venue       |
| 07.00-07.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 08.00-08.30 | BODY STRETCH     | ♥         | MIND & BODY |
| 09.00-09.30 | HIIT             | ♥♥♥♥♥     | FITNESS ST  |
| 10.00-10.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 10.00-10.55 | HATHA YOGA       | ♥♥♥♥      | MIND & BODY |
| 11.00-11.30 | GYM INTRODUCTION | ♥         | GYM         |
| 11.00-11.45 | CHAMP PILATES    | ♥♥♥♥      | MIND & BODY |
| 12.00-12.30 | OUTDOOR ACTIVE   | ♥♥♥♥      | OUTDOORS    |
| 14.00-14.55 | COUNTRY WALK     | ♥♥♥♥      | OUTDOORS    |
| 15.00-15.30 | BODY STRETCH     | ♥♥        | MIND & BODY |
| 15.30-15.55 | GRATITUDE WALK   | ♥         | OUTDOORS    |
| 16.00-16.45 | FUSION 45        | ♥♥♥♥♥     | FITNESS ST  |
| 17.00-17.30 | AQUA FIT         | ♥♥♥♥      | POOL        |
| 18.15-18.45 | LBT'S            | ♥♥♥♥      | FITNESS ST  |

| MASTERCLASS   |      |             |               |
|---------------|------|-------------|---------------|
|               |      |             |               |
| TONY EPPS     |      |             |               |
| Saturday      | 9th  | 08.00-08.30 | BODY BLITZ    |
| Saturday      | 9th  | 09.00-09.30 | CHAMP RIDE 30 |
| Saturday      | 9th  | 10.00-10.30 | AQUA          |
| Sunday        | 10th | 11.00-11.45 | PILATES       |
| HAYLEY EPPS   |      |             |               |
| Saturday      | 9th  | 16.00-16.45 | ZUMBA         |
| Sunday        | 10th | 09.00-09.30 | STRONG        |
| EUGENE KIRBY  |      |             |               |
| Saturday      | 16th | 08.00-08.30 | BODY BLITZ    |
| Saturday      | 16th | 09.00-09.30 | CHAMP RIDE 30 |
| Sunday        | 17th | 09.00-09.30 | HIIT          |
| Sunday        | 17th | 10.00-10.30 | CHAMP RIDE 30 |
| TANUJA PALMAR |      |             |               |
| Saturday      | 23th | 17.00-17.45 | AQUA ZUMBA    |
| Saturday      | 23th | 18.00-18.45 | ZUMBA TONING  |
| Sunday        | 24th | 08.00-08.30 | STRETCH       |
| Sunday        | 24th | 11.00-11.45 | PILATES       |

## 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 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.