

# Champneys Tring: Activity Schedule October 2024

## MONDAY

Time	Title	Intensity	Venue
8.00 - 8.45	Morning Walk	♥♥	Fitness Desk
9.00 - 9.55	Hatha Yoga (£8)	♥♥♥♥	New Court 5
9.00 - 9.45	Body Sculpt (£5)	♥♥♥♥♥	Studio 1
9.00 - 9.30	Box Fit (£3)	♥♥♥♥♥	Urban gym
10.00 - 10.45	Dare to Dance (£5)	♥♥♥♥	Studio 1
10.00 - 10.55	Reformer Pilates (£££)	♥♥♥♥	New court 3
10.00 - 10.30	Kettlebell Workout (£3)	♥♥♥♥♥	Urban gym
10.30 - 11.00	Aqua Fit	♥♥♥♥	Pool
10.45 - 11.30	Pilates Fusion (£5)	♥♥♥♥	Studio 1
11.30 - 12.15	Zumba (£5)	♥♥♥♥	Studio 1
11.30 - 12.00	HIIT (£3)	♥♥♥♥♥	Urban gym
12.15 - 1.00	Body Sculpt (£5)	♥♥♥♥	Studio 1
1.00 - 1.45	Lunch and Learn		Champ table
2.00 - 2.45	Country Walk	♥♥	Fitness Desk
3.00 - 3.30	Nutrition talk		Music room
3.00 - 3.30	Foam Rolling (£3)	♥♥	Studio 1
3.45 - 4.15	Legs, Bums and Tums (£3)	♥♥♥♥♥	Studio 1
4.30 - 5.00	Aqua Fit	♥♥♥♥	Pool
5.00 - 5.30	Stretch & Relax (£3)	♥♥♥♥	New Court 5
5.00 - 5.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
6.00 - 6.30	Fitness Fusion	♥♥♥♥	Studio 1
6.00 - 6.45	Champ Ride 45 (£5)	♥♥♥♥♥	Cycle Studio
6.00 - 6.55	Vinyasa Yoga (£8)	♥♥♥♥	New Court 5
6.30 - 7.00	Aqua Fit	♥♥♥♥	Pool
7.00 - 7.30	Kettlebell Workout (£3)	♥♥♥♥♥	Urban Gym

## FRIDAY

Time	Title	Intensity	Venue
8.00 - 8.45	Morning Walk	♥♥	Fitness Desk
7.45 - 8.40	Hatha Yoga (£8)	♥♥♥♥	New Court 5
9.00 - 9.45	Barre Fusion (£5)	♥♥♥♥	Studio 1
9.00 - 9.55	Reformer Pilates (£££)	♥♥♥♥	New court 3
9.00 - 9.45	Champ Ride 45 (£5)	♥♥♥♥♥	Cycle Studio
10.00 - 10.45	Fitsteps (£5)	♥♥♥♥	Studio 1
10.00 - 10.45	Pilates Fusion (£5)	♥♥♥♥	New Court 5
10.30 - 11.00	Aqua Fit	♥♥♥♥	Pool
11.00 - 11.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
2.00 - 2.45	Country Walk	♥♥	Fitness Desk
3.00 - 3.30	Loop band (£3)	♥♥♥♥	Studio 1
3.45 - 4.15	Stretch & Relax (£3)	♥♥	Studio 1
4.00 - 4.55	Reformer Pilates (£££)	♥♥♥♥	New court 3
5.00 - 5.45	Barre Fusion (£5)	♥♥♥♥	Studio 1
5.00 - 5.30	Aqua Fit	♥♥♥♥	Pool
5.30 - 6.25	Yin Yoga (£8)	♥♥♥♥	New Court 5
6.00 - 6.30	Box Fit (£3)	♥♥♥♥	Urban gym
6.30 - 7.15	Virtual Champride	♥♥♥♥	Cycle Studio

## TUESDAY

Time	Title	Intensity	Venue
8.00 - 8.45	Morning Walk	♥♥	Fitness Desk
9.00 - 9.55	Hatha Yoga (£8)	♥♥♥♥	New Court 5
9.00 - 9.30	Box Fit (£3)	♥♥♥♥♥	Urban gym
9.00 - 9.55	Reformer Pilates (£££)	♥♥♥♥	New Court 3
9.00 - 9.45	Fitsteps (£5)	♥♥♥♥	Studio 1
10.00 - 10.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
10.00 - 10.45	Pilates Fusion (£5)	♥♥♥♥	New Court 5
10.30 - 11.00	Aqua Fit	♥♥♥♥	Pool
11.00 - 11.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
12.00 - 12.30	Gym Intro	♥♥♥♥	Main Gym
12.30 - 13.00	HIIT (£3)	♥♥♥♥♥	Urban Gym
2.00 - 2.45	Country Walk	♥♥	Fitness Desk
2.30 - 3.00	Foam Roller (£3)	♥♥	Studio 1
3.00 - 3.30	Stretch & Relax (£3)	♥♥	Studio 1
4.30 - 5.00	Aqua Fit	♥♥♥♥	Pool
5.00 - 5.55	Hatha Yoga (£8)	♥♥♥♥	New Court 5
5.00 - 5.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
5.15 - 5.45	Box Fit (£3)	♥♥♥♥♥	Urban gym
6.00 - 6.45	Pilates Fusion (£5)	♥♥♥♥	Studio 1
6.30 - 7.00	Aqua Fit	♥♥♥♥	Pool
6.30 - 7.15	Virtual Champride	♥♥♥♥	Cycle Studio
7.00 - 7.55	Vinyasa PowerYoga (£8)	♥♥♥♥	New Court 5
7.00 - 7.30	Foam Roller and Stretch (£3)	♥♥	Studio 1

## SATURDAY

Time	Title	Intensity	Venue
8.00 - 8.45	Morning Walk	♥♥	Fitness Desk
9.00 - 9.30	Kettlebell Workout (£3)	♥♥♥♥	Urban Gym
10.00 - 10.55	Reformer Pilates (£££)	♥♥♥♥	New court 3
10.00 - 10.45	Zumba (£5)	♥♥♥♥	Studio 1
10.00 - 10.45	Pilates Fusion (£5)	♥♥♥♥	New Court 5
10.30 - 11.00	Aqua Fit	♥♥♥♥	Pool
11.00 - 11.45	Champ Ride 45 (£5)	♥♥♥♥♥	Cycle Studio
11.00 - 11.55	Hatha Yoga (£8)	♥♥♥♥	New Court 5
12.00 - 12.55	Meditation (£8)	♥	New Court 5
2.00 - 2.55	Country Walk	♥♥	Fitness Desk
2.30 - 3.00	Bootcamp (£3)	♥♥♥♥	Urban Gym
4.00 - 4.30	Stretch & Relax (£3)	♥♥	Studio 1
5.00 - 5.30	Aqua Fit	♥♥♥♥	Pool
5.00 - 5.45	Virtual Champride	♥♥♥♥	Cycle Studio
5.30 - 6.00	HIIT (£3)	♥♥♥♥	Urban gym
6.00 - 6.30	Box Fit (£3)	♥♥♥♥	Urban gym

## WEDNESDAY

Time	Title	Intensity	Venue
7.45 - 8.40	Hatha Yoga (£8)	♥♥♥♥	New Court 5
8.00 - 8.45	Morning Walk	♥♥	Fitness Desk
9.00 - 9.55	Reformer Pilates (£££)	♥♥♥♥	New court 3
9.00 - 9.30	Kettlebell Workout (£3)	♥♥♥♥	Urban Gym
9.15 - 10.00	Body Sculpt (£5)	♥♥♥♥	Studio 1
10.00 - 10.55	Soulful Yoga (£8)	♥♥♥♥	New Court 5
10.00 - 10.45	Pilates Fusion (£5)	♥♥♥♥	Studio 1
10.30 - 11.00	Aqua Fit	♥♥♥♥	Pool
11.00 - 11.55	Meditation Pranayama (£8)	♥	New Court 5
11.00 - 11.30	HIIT (£3)	♥♥♥♥	Urban Gym
11.00 - 11.30	Legs, Bums and Tums (£3)	♥♥♥♥	Studio 1
2.00 - 2.55	Nordic Walk	♥♥	Fitness Desk
3.00 - 3.30	Bootcamp (£3)	♥♥♥♥	Urban Gym
3.30 - 4.25	Reformer Pilates (£££)	♥♥♥♥	New court 3
3.45 - 4.15	Stretch & Relax (£3)	♥♥	Studio 1
4.30 - 5.00	Aqua Fit	♥♥♥♥	Pool
5.00 - 5.30	Nutrition talk		Music room
5.00 - 5.45	Pilates Fusion (£5)	♥♥♥♥	New Court 5
5.00 - 5.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
6.00 - 6.45	Dare to Dance (£5)	♥♥♥♥	Studio 1
6.00 - 6.45	Champ Ride 45 (£5)	♥♥♥♥	Cycle Studio
6.30 - 7.00	Aqua Fit	♥♥♥♥	Pool
7.00 - 7.30	Foam Roller (£3)	♥♥	Studio 1
7.00 - 7.55	Vinyasa Power Yoga (£8)	♥♥♥♥	New Court 5

## SUNDAY

Time	Title	Intensity	Venue
8.00 - 8.45	5k Run	♥♥♥♥	Fitness Desk
9.30 - 10.00	Aqua Fit	♥♥♥♥	Pool
10.00 - 10.45	Virtual Champride	♥♥♥♥	Cycle Studio
10.00 - 10.45	Pilates Fusion (£5)	♥♥♥♥	Studio 1
11.00 - 11.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
11.00 - 11.55	Yin Yoga (£8)	♥♥♥♥	New Court 5
12.00 - 12.55	Meditation (£8)	♥	New Court 5
12.00 - 12.45	Dance fit (£5)	♥♥♥♥	Studio 1
13.00 - 13.45	Barre Fusion (£5)	♥♥♥♥	Studio 1
2.00 - 2.45	Reformer Pilates (£££)	♥♥♥♥	New court 3
2.00 - 2.45	Country Walk	♥♥	Fitness Desk
3.00 - 3.30	Loop Band (£3)	♥♥♥♥	Studio 1
4.00 - 4.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
4.30 - 5.00	Aqua Fit	♥♥♥♥	Pool
5.00 - 5.55	Hatha Yoga (£8)	♥♥♥♥	New Court 5
5.00 - 5.30	Stretch & Relax (£3)	♥♥	Studio 1
6.00 - 6.30	Rebounding (£3)	♥♥♥♥	Studio 1
6.30 - 7.15	Virtual Champride	♥♥♥♥	Cycle Studio

## THURSDAY

Time	Title	Intensity	Venue
8.00 - 8.45	Morning Walk	♥♥	Fitness Desk
9.00 - 9.45	Champ Ride 45 (£5)	♥♥♥♥	Cycle Studio
9.00 - 9.55	Hatha Flow Yoga (£8)	♥♥♥♥	New Court 5
10.00 - 10.55	Reformer Pilates (£££)	♥♥♥♥	New court 3
10.00 - 10.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
10.30 - 11.00	Aqua Fit	♥♥♥♥	Pool
11.00 - 11.45	Virtual Champride	♥♥♥♥	Cycle Studio
11.00 - 11.45	Pilates Fusion (£5)	♥♥♥♥	Studio 1
12.00 - 12.45	Step (£5)	♥♥♥♥	Studio 1
12.30 - 1.00	Gym Intro	♥♥♥♥	Main Gym
2.00 - 2.45	Body Sculpt (£5)	♥♥♥♥	Studio 1
2.00 - 2.45	Country Walk	♥♥	Fitness Desk
3.00 - 3.30	Loop Band (£3)	♥♥♥♥	Studio 1
3.45 - 4.15	Stretch & Relax (£3)	♥♥	Studio 1
4.30 - 5.00	Aqua Fit	♥♥♥♥	Pool
4.30 - 5.00	Foam Roller (£3)	♥♥♥♥	Studio 1
5.00 - 5.30	Bootcamp (£3)	♥♥♥♥	Urban Gym
5.15 - 6.00	Zumba (£5)	♥♥♥♥	Studio 1
6.00 - 6.45	Pilates Fusion (£5)	♥♥♥♥	Studio 1
6.00 - 6.45	Virtual Champride	♥♥♥♥	Cycle Studio
6.30 - 7.00	Aqua Fit	♥♥♥♥	Pool
7.00 - 7.30	Stretch & Relax (£3)	♥♥	Studio 1
7.00 - 7.55	Ashtanga Yoga (£8)	♥♥♥♥	New Court 5

## MASTERCLASS

<b>30th September-3rd October</b> <b>Ellie Simons - Vinyasa Flow Yoga, Dance, Bodysculpt, Stretch &amp; relax, Legs Bums &amp; Tums</b>	<b>11-13th October</b> <b>Jason Burch - Dance Aerobics, Champ Ride, Step &amp; Tone, Bodysculpt</b>
<b>5-7th October</b> <b>Kate Bishop - Reformer Pilates, Pilates Fusion, Stretch &amp; Relax, Loop Band</b>	<b>18-20th October</b> <b>Carroll Locke - Pilates Fusion, Stretch &amp; Relax</b>
<b>5-7th October</b> <b>Lisa Ardley-Price &amp; Lauren Jacquet - Vinyasa Flow Yoga, Meditation, Bodysculpt, Intention Setting Workshop</b>	<b>25-27th October</b> <b>Joanna Beardsmore-Dilks - Bodysculpt, Dance Fitness Fusion, Dare to Dance, Mobility &amp; Meditation</b>

## INFORMATION

**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/£25 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/£25 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.

**Outdoor classes** – Outdoor activities require a minimum of 2 participants to take place.

### 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