

EASTWELL MANOR
CHAMPNEYS HOTEL & SPA

Daily Programme

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
TIME	DESCRIPTION	TIME	DESCRIPTION	TIME	DESCRIPTION	TIME	DESCRIPTION
8.00-8.30	Wake Up Workout Early morning mixture of fun, toning and stretching to get you ready for the day ahead.	8.00-8.30	Morning Walk	8.00-8.30	Wake Up Workout	8.00-8.30	Morning Walk
9.30-10.00	Aqua Fit	9.00-9.30	Aqua Mitt	9.30-10.00	Aqua Fit	9.00-9.30	Aqua Mitt
10.15-10.45	Express Circuits	9.30-10.25	Hatha Yoga (£) This timeless Indian Philosophy includes the practice of asanas and pranayama which help to bring peace and mind to the body. Best for beginners. and mind to the body. Best for beginners.	10.15-10.45	Tabata	10.00-10.45	Circuits
11.00-11.30	Stretch & Relax	10.30-11.15	Barre Fusion	11.00-11.30	Foam Roller	11.00-11.30	Champ Ride 30
14.00-14.45	Fitness Pilates An introduction to Pilates, a body conditioning and postural alignment technique used to develop a strong, centered and balanced body.	11.15-11.45	Stretch and Calm	11.30-12.00	Gym Intro	14.00-14.45	Country Hike
15.00-15.30	HIIT	14.00-14.45	Country Hike	14.00-14.45	Country Hike	15.00-15.45	Barre Fusion
16.00-16.30	Stretch & Relax	15.00-15.30	Champ Ride 30 All the fun and sweat of a regular class, but condensed into the perfect 30 minutes for those with a busy schedule.	15.00-15.55	Fitness Pilates An introduction to Pilates, a body conditioning and postural alignment technique used to develop a strong, centered and balanced body.	16.00-16.30	Stretch & Relax This class enhances your overall flexibility leaving you feeling rejuvenated, relaxed and stress-free.
18.15-19.00	Bodysculpt	16.00-16.30	Stretch & Relax	16.00-16.30	Stretch & Relax	18.30-19.00	Aqua Mitt
19.15-20.00	Champ Ride 45	18.30-19.00	Aqua Fit	18.30-19.25	Hatha Yoga (£) This timeless Indian Philosophy includes the practice of asanas and pranayama which help to bring peace and mind to the body. Best for beginners. and mind to the body. Best for beginners.	18.30-19.15	Fitsteps Fitsteps combines the graceful steps of Ballroom and the up tempo of Latin dance, and is taught in a line dance style so no partner is required.
		19.15-20.00	Box Fit	19.30-20.15	Champ Ride 45	19.15-20.00	Bodysculpt
FRIDAY		SATURDAY		SUNDAY			
TIME	DESCRIPTION	TIME	DESCRIPTION	TIME	DESCRIPTION		
8.00-8.30	Wake Up Workout	8.30-9.00	Morning Walk	8.30-9.00	Morning Walk	 <p>ACTIVE OUTDOORS Enjoy a range of leisure activities within the grounds. Try our nine-hole course (par 32 USPGA) or putting green to sharpen your swing. Fancy a game of tennis? Our fantastic all weather court for fun, or book a private coaching session.</p> <p>ASK FOR DETAILS AT RECEPTION </p>	
9.30-10.00	Aqua Fit The benefits of a water workout using specialised aqua dumbbells, mitts and/ or noodles.	9.30-10.00	Aqua Mitt	9.30-10.00	Aqua Fit		
10.30-11.00	Champ Ride 30	10.15.11.00	Boot Camp Circuits The ultimate fitness class. Challenge your fitness and reap fat burning and toning rewards.	10.00-10.55	Fitness Pilates		
11.15-12.10	Vinyasa Yoga (£)	11.30-12.25	Vinyasa Yoga (£)	11.15-12.00	Champ Ride 45		
14.00-14.45	Country Hike	14.00-14.45	Country Hike	14.00-14.45	Country Hike		
15.00-15.45	Legs, Bums and Tums	15.00-15.30	Foam Roller	15.00-15.30	Express Circuits A fun, intensive and quick way to get your body moving, burn calories and energize your day by using a range of exercise stations.		
16.00-16.30	Stretch & Relax	16.00-16.30	Stretch & Relax	16.00-16.30	Stretch & Relax		
18.15-19.00	Circuits An all-round workout improving endurance, strength and aerobic conditioning using a wide range of exercises and equipment. Ideal for any gym goer wanting to try a studio class.	18.15-19.00	Circuits	16.00-16.30	Stretch & Relax		
19.15-20.00	Champ Ride 45	£6 supplement for this class		18.15-19.00	Bodysculpt Hand weights, resistance bands, gliding discs, body weight and/or body bars are utilised to strengthen and tone muscles.		

FOR MORE INFORMATION PLEASE CONTACT THE FITNESS RECEPTION