

# DAILY ACTIVITIES TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am	Crystal Meditation 8.30am, 20 mins - £11 ●	Crystal Meditation 8.30am, 20 mins - £11 ●	Crystal Meditation 8.30am, 20 mins - £11 ●				
11am	Age with Beauty Makeup Masterclass 11.00 am - £10 ●	Flawless Finish Makeup Masterclass 11.00 am - £10 ●	Day to Night Makeup Masterclass 11.00 am - £10 ●	Age with Beauty Makeup Masterclass 11.00 am - £10 ●	Day to Night Makeup Masterclass 11.00 am - £10 ●	Flawless Finish Makeup Masterclass 11.00 am = £10 ●	Easy Makeup Masterclass 11.00 am - £10 ●
12pm -2pm			Stretch Therapy 12.30pm, 45 mins - £10 ●		Sound Bathing 12.00pm, 45 mins £12 ●		Muscle Release* 12.30pm, 45 mins - £10 ●
2pm -3pm		Cold Water Therapy* 2.00pm, 30 mins - £10 ●	Discover Yoga 2.00pm, 50mins - £10 ●	Pilates Reformer Taster 2.00pm, 45mins, Free ●		Cold Water Therapy* 2.00pm, 30 mins - £10 ●	
3pm -4pm	Fashion Tips Workshop 3.00pm, 45 mins ●		Dragon Fan 3.45pm, 50mins - £10 ●		Fashion Tips Workshop 3.00pm, 45 mins ●		
	Tai Chi 3.45pm, 50 mins - £10 ●		Fashion Tips Workshop 3.00pm, 45mins ●		Tai Chi 3.45pm, 50 mins - £10 ●		
5pm – 7pm	Sound Bathing 7.30pm, 45 mins £12 ●	VIP Evening Pamper Workshop 5.00pm £10, T&CS apply. ●	VIP Evening Pamper Workshop 5.00pm £10, T&CS apply. ●	VIP Evening Pamper Workshop 5.00pm £10, T&CS apply. ●			
8pm	Yoga for Sleep 8.30pm, 45 mins £10 ●						

## TAKING PLACE DAILY

<b>ELEMIS SKIN LAB</b> Learn how to unlock beautiful skin with a HD skin consultation. £10, T&Cs apply. ●	<b>CLARINS MAKEOVER</b> A makeover designed to help you recreate a look at home. £20, T&Cs apply. ●	<b>MOUNTAIN BIKES</b> We have bikes and helmets available for you to explore our beautiful location. Visit the Main Reception for route maps. ●	<b>TENNIS</b> Tennis is a fantastic sport to improve overall well-being. Racquets and balls are available for free hire from the Heart + Soul Fitness. ●
---	---	---	--

- The Retreat
- Heart + Soul Fitness
- Beauty Shop
- The Lounge

Orange, green and grey – Please call our Treatments Team on 01664 433043 or visit our Heart + Soul Fitness.

Pink – Please call our Beauty Shop Team on 01664 434411 ext. 303 or visit the Beauty Shop. Bookings fee's redeemable against purchases in the Beauty Shop, T&Cs apply.

Blue – Please call the Boutique on 01664 433089 or visit the Boutique.

Exercise experiences\* are subject to change, please visit the team in the in Heart+ Soul Fitness for more details.

## RAGDALE HALL SPA