





# DAILY ACTIVITIES TIMETABLE

19th to 25th February

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Crystal Meditation 8.30am, 20 mins - £11	Crystal Meditation 8.30am, 20 mins - £11	Crystal Meditation 8.30am, 20 mins - £11				
	Age with Beauty Makeup Masterclass 11am - £10	Flawless Finish Makeup Masterclass 11am - £10	Day to Night Makeup Masterclass 11am - £10	Age with Beauty Makeup Masterclass 11am - £10	Day to Night Makeup Masterclass 11am - £10	Flawless Finish Makeup Masterclass 11am - £10	Easy Makeup Masterclass 11am - £10
Afternoon			Discover Yoga 2.00pm, 50mins £10	In Conversation with Dean, 'Beginning the Journey to a New You' 3.00pm, 45 mins, Free	Sound Bathing 12:15pm, 45 mins, £12		Foam Rolling 12.30pm, 45 mins £10
	Fashion Tips Workshop 3:00pm, 45 mins Complimentary			Pilates Reformer Taster 2.00pm, 45mins Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
	Cleansing Stretch 4:00pm, 45 mins £10		Fashion Tips Workshop 3:00pm, 45 mins Complimentary				
Evening		Premium Skincare Workshop 5.00pm £10, T&CS apply.	Premium Skincare Workshop 5.00pm £10, T&CS apply.	Premium Skincare Workshop 5.00pm £10, T&CS apply.			

-  The Retreat - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
  -  Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop
  -  Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
  -  The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique
- Exercise experiences are subject to change  
Beauty Shop booking fee redeemable against purchase

EVERYDAY	
ELEMIS SKIN LAB Learn how to unlock beautiful skin with a HD skin consultation. £10, T&Cs apply.	CLARINS MAKEOVER A makeover designed to help you recreate a look at home. £20, T&Cs apply.
MOUNTAIN BIKES We have bikes and helmets available for you to explore. Visit the Main Reception for route maps.	TENNIS Racquets and balls are available for free hire from the Heart + Soul Fitness.



To view the full fitness  
timetable and events  
scan the QR code



To view the full  
treatments menu scan  
the QR code