





# DAILY ACTIVITIES TIMETABLE

22nd April to 28th April

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	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Sound Bathing 12.15pm, 45mins £12		Foam Rolling 12.30pm, 45 mins £10
	Fashion Tips Workshop 3:00pm Complimentary	Group Singing with Becky, 3pm, Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary	Mineral Masterclass with Sea Magik 2.00pm Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary	Beam Fit 3:45pm 45mins £10	
				Breathe & Let Go with Sea Magik 4.00pm £10, 45 mins			
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\*

\*To book your space for Group Singing or talks please visit Treatments Reception or call 01664 433 043 ext. 525  
T&C's - 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 complimentary hire from 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