





# DAILY ACTIVITIES TIMETABLE

8th April to 14th 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, 45 mins, £12		Foam Rolling 12.30pm, 45 mins £10
	Fashion Tips Workshop 3:00pm Complimentary	Beam Fit 3:45pm £10	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
	Tai Chi Sword 3:45pm, 50mins £10	In Conversation with Dean Hodgkin - In the Balance 3.45pm, Complimentary	Dragon Fan 3:45pm, 45mins £10	Premium Skincare Workshop 5.00pm £10, T&CS apply	Tai Chi 3:45pm 50mins £10		
Evening		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 'In Conversation with...' 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