





DAILY ACTIVITIES TIMETABLE

15th July to 21st July

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	Day to Night Makeup Masterclass 11am - £10		
	Age with Beauty Makeup Masterclass 11am, £10	Flawless Finish Makeup Masterclass 11am - £10	Day to Night Makeup Masterclass 11am, £10	Pickleball Introduction** 30mins, 10am, Complimentary	Bike Ride** 11:45am, Complimen- tary	Nordic Walking** 11am Complimentary 45 mins	Flawless Finish Makeup Masterclass 11am, £10
Afternoon		Nordic Walking** 2.00pm Complimentary 45 mins		Mineral Masterclass with Sea Magik 2.00pm Complimentary		Sound Bathing 12.15pm £12 45 mins	Country Stroll ** 2.00pm, 40 mins Complimentary Meet by the Ragdale Bell outside
	Fashion Tips Workshop 3:00pm Complimentary	Walking To Health Talk with Dean Hodgkin 3.45pm, Complimentary 45 mins	Tai Chi 3.45pm, 45mins £10	Breathe & Let Go with Sea Magik 4.00pm £10, 45 mins			
	Tai Chi 3.45pm £10, 45 mins	Pickleball Introduction** 30mins, 5.00pm, Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary	Pilates Reformer Taster 4.00pm, 45mins Complimentary	Tai Chi 3.45pm £10, 45 mins	Clarins Makeup Masterclass 4pm - £10	
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 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

** Weather permitting

EVERYDAY		
ELEMIS SKIN LAB Unlock beautiful skin with a HD skin consultation. £10, T&Cs apply.	CLARINS MAKEOVER A makeover to help you find your look £20, T&Cs apply.	NEW ART SUPPLIES Capture Ragdale though pastals and our portable easel. Available for complimentary hire at Main Reception
BIKES Bikes and helmets available for you to explore. Visit the Main Reception for route maps.	TENNIS/ PICKLEBALL Racquets/bats & balls are available from Fitness.	



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



To view the full
treatments menu scan
the QR code