





# DAILY ACTIVITIES TIMETABLE

5th to 11th August

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	XCO Walk** 11am 45 mins Complimentary	Day to Night Makeup Masterclass 11am, £10	Pickleball Taster Session** 45mins, 11am, Complimentary		Flawless Finish Makeup Masterclass 11am, £10	Easy Makeup Masterclass 11am, £10
Afternoon	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Flawless Finish Makeup Masterclass 11am - £10	Wine Tasting 1pm & 3pm £10pp <b>Twilight Bar</b>		Country Stroll ** 2.00pm, 40 mins Complimentary <b>Meet by the Ragdale Bell outside</b>	XCO Walk** 2.00pm 45 mins Complimentary	Country Stroll ** 2.00pm, 40 mins Complimentary <b>Meet by the Ragdale Bell outside</b>
	Fashion Tips Workshop 3:00pm Complimentary	Mineral Masterclass with Sea Magik 2.00pm Complimentary	Tai Chi 3.45pm, 45mins £10	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		
	Tai Chi 3.45pm £10, 45 mins	Breathe & Let Go with Sea Magik 4.00pm £10, 45 mins	Fashion Tips Workshop 3:00pm, 45 mins 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		
<b>ELEMIS SKIN LAB</b> Unlock beautiful skin with a HD skin consultation. £10, T&Cs apply.	<b>CLARINS MAKEOVER</b> A makeover to help you find your look £20, T&Cs apply.	<b>ART SUPPLIES</b> Capture Ragdale though pastals and our portable easel. Available for complimentary hire at Main Reception
<b>BIKES</b> Bikes and helmets available for you to explore. Visit the Main Reception for route maps.	<b>TENNIS/ PICKLEBALL</b> 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