





DAILY ACTIVITIES TIMETABLE

8th July to 14th 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	Sunrise Yoga 7.30am, 60min, Complimentary			
	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	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Mineral Masterclass with Sea Magik 2.00pm Complimentary		Pickleball Introduction 11am, Complimentary	Bike Ride 11:45am, Complimen- tary	Nordic Walking 11am Complimentary 45 mins	Country Stroll 2.00pm, 40 mins Complimentary Meet by the Ragdale Bell outside
	Fashion Tips Workshop 3:00pm Complimentary	Nordic Walking 2.00pm Complimentary 45 mins	Tai Chi 3.45pm, 45mins £10			Tai Chi 3.45pm £10, 45 mins	
	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	Pilates Reformer Taster 2.00pm, 45mins Complimentary		Fashion Tips Workshop 3:00pm, 45 mins Complimentary	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

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