





DAILY ACTIVITIES TIMETABLE

9th to 15th September

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		Day to Night Makeup Masterclass 11am, £10		Pickleball Taster** 45mins, 11am, Complimentary	Flawless Finish Makeup Masterclass 11am, £10	Easy Makeup Masterclass 11am, £10
Afternoon	Sound Bathing 2.00pm £12, 45 mins	Flawless Finish Makeup Masterclass 11am - £10	Meditation Workshop 1.45pm £10	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary	Pilates Reformer Taster 2.00pm, 45mins Complimentary	Country Stroll ** 2.00pm, 40 mins Complimentary
	Fashion Tips Workshop 3:00pm Complimentary	Pickleball Taster ** 45 mins, 11am Complimentary	Fashion Tips Workshop 3:00pm, 45 mins Complimentary		Tai Chi 3.45pm £10, 45 mins		
	Tai Chi Fan 3.45pm, 45mins Complimentary	Country Stroll ** 2.00pm, 40 mins Complimentary	Tai Chi Sword 3.45pm, 45mins Complimentary	Walking To Health Talk with Dean Hodgkin 3.45pm, Complimentary 45 mins	Sound Bathing 5.00pm £12, 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		
OBSERV SKIN SCANNER Find beautiful skin with a HD skin consultation. £25, T&Cs apply.	CLARINS MAKEOVER A makeover to help you find your look. £20, T&Cs apply.	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