

DAILY ACTIVITIES TIMETABLE

15th December to 21st December 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Art of Happiness 10.30am The Retreat £15			Strictly Ballroom 10.00am Complimentary
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Day to Night Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Strictly Ballroom 11.00am Complimentary	Strictly Ballroom 11.00am Complimentary	Art of Self Reiki 12.00pm £15		Art of Self Reiki 12.00pm £15	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
	Sound Bathing 2.00pm £15	Fashion Tips Workshop 3.00pm Complimentary	Restorative Relaxation 4.00pm Complimentary	Fashion Tips Workshop 3.00pm Complimentary	Restorative Relaxation 4.00pm Complimentary	Fashion Tips Workshop 3.00pm Complimentary	Restorative Relaxation 4.00pm Complimentary
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*			Sound Bathing 5.00pm £15		

- Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop
*Redeemable against two or more purchases
- The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
- 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 view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.

EVERYDAY

ADVANCED 3D SKIN ANALYSIS

An in-depth skin analysis consultation, to examine deep within your skin.
£15 Redeemable*

CLARINS MAKEOVER

A makeover to help you find your look.
£25 Redeemable*

BIKES

Bikes and helmets available throughout the day. Visit the Main Reception for route maps.

TENNIS/

Racquets & balls are available from Fitness.

ART SUPPLIES

Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception

T&C's apply * - Experiences are subject to change

DAILY ACTIVITIES TIMETABLE

22nd December to 28th December 2025

TIME	MONDAY	TUESDAY	WEDNESDAY <i>Christmas Eve</i>	THURSDAY <i>Christmas Day</i>	FRIDAY <i>Boxing Day</i>	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Christmas Country Walk 8.30am Complimentary			Strictly Ballroom 10.00am Complimentary
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*		Pilates 9.15am Complimentary		Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Strictly Ballroom 11.00am Complimentary	Fashion Tips Workshop 3.00pm Complimentary	Art of Self Reiki 12.00pm £15		Art of Self Reiki 12.00pm £15	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
	Sound Bathing 2.00pm £15	Restorative Relaxation 4.00pm Complimentary		Please see the Fitness Team for full timetable		Restorative Relaxation 4.00pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*			Restorative Relaxation 5.00pm Complimentary		

- Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop
*Redeemable against two or more purchases
- The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
- 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 view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.

EVERYDAY

- ADVANCED 3D SKIN
ANALYSIS

An in-depth skin analysis consultation, to examine deep within your skin.
£15 Redeemable*
- CLARINS
MAKEOVER

A makeover to help you find your look.
£25 Redeemable*
- BIKES

Bikes and helmets available throughout the day. Visit the Main Reception for route maps.
- TENNIS

Racquets & balls are available from Fitness.
- ART SUPPLIES

Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception

DAILY ACTIVITIES TIMETABLE

29th December to 4th January 2025/6

TIME	MONDAY	TUESDAY	WEDNESDAY <i>New Years Eve</i>	THURSDAY <i>New Years Day</i>	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15				Strictly Ballroom 10.00am Complimentary
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*		Pilates Hoop 10.0am Complimentary	Art of Self Reiki 12.00pm £15	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Strictly Ballroom 11.00am Complimentary	Fashion Tips Workshop 3.00pm Complimentary	Art of Self Reiki 12.00pm £15	Please see the Fitness Team for full timetable	Fashion Tips Workshop 3.00pm Complimentary	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
		Restorative Relaxation 4.00pm Complimentary	Tai Chi Sword 3.45pm Complimentary		Sound Bathing 5.00pm £15	Restorative Relaxation 4.00pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*			Restorative Relaxation 5.00pm Complimentary		

- Beauty Shop - To book call the Beauty Shop on 01664 434 411 ext. 303 or visit the Beauty Shop
*Redeemable against two or more purchases
- The Retreat -To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
- 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 view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus' and special offers in our retail areas.

EVERYDAY

- ADVANCED 3D SKIN ANALYSIS

An in-depth skin analysis consultation, to examine deep within your skin.
£15 Redeemable*
- CLARINS MAKEOVER

A makeover to help you find your look.
£25 Redeemable*
- BIKES

Bikes and helmets available throughout the day. Visit the Main Reception for route maps.
- TENNIS

Racquets & balls are available from Fitness.
- ART SUPPLIES

Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception