

# ENRICHMENT WORKSHOP TIMETABLE

16th March to 22nd March 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15 Thrive in Chaos Fitness Class 10.45am	Candle Pool Sound Meditation 8.30am £15				Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £15	Art of Self Reiki 12.00pm £15	Thrive in Chaos Fitness Class 10.45am	Qigong: The Five Elements 12.00pm £15	Energy Reset Meditation 10.30am £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £18	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Fashion Tips Workshop 3.00pm	Moon Inspired Meditation 3.00pm £15	Fashion Tips Workshop 3.00pm		Country Stroll 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Country Stroll 2.00pm Complimentary			Sound Bathing 5:10pm £18	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			<b>NEW</b> Pilates Reformer £20 Intro price <b>Limited space</b> Please see Fitness Team

-  Beauty Shop - To book call the Beauty Shop on 01664 434 411 or visit the Beauty Shop  
\*Redeemable against two or more purchases
-  The Retreat - To book call Treatments on 01664 433 043 or Ext 525
-  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.

# ENRICHMENT WORKSHOP TIMETABLE

23rd March to 29th March 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15 Thrive in Chaos Fitness Class 10.45am	Candle Pool Sound Meditation 8.30am £15				Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £15	Art of Self Reiki 12.00pm £15	Thrive in Chaos Fitness Class 10.45am	Qigong: The Five Elements 12.00pm £15	Energy Reset Meditation 10.30am £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £18	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Gut Health & The Art of Fermentation 1.10pm £35pp <b>Twilight Bar</b>	Journaling Talk with Dean Hodgkin 2.30pm Complimentary		Fashion Tips Workshop 3.00pm	Country Stroll 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Country Stroll 2.00pm Complimentary	Fashion Tips Workshop 3.00pm	Oracle Cards & Guidance 3.00pm £15		Sound Bathing 5:10pm £18	Clarins Makeup Masterclass 4.00pm £10 Redeemable*
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			<b>NEW</b> Pilates Reformer £20 Intro price <b>Limited space</b> Please see Fitness Team

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# ENRICHMENT WORKSHOP TIMETABLE

30th March to 5th April 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15 Thrive in Chaos Fitness Class 10.45am	Candle Pool Sound Meditation 8.30am £15			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £15	Threshold Cycle Fitness Class 8.45am Complimentary		Qigong: The Five Elements 12.00pm £15	Energy Reset Meditation 10.30am £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £18	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £15	Thrive Within: Guided Meditation 3.00pm Complimentary	Fashion Tips Workshop 3.00pm		Country Stroll 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Country Stroll 2.00pm Complimentary	Fashion Tips Workshop 3.00pm		Sound Bathing 5:10pm £18	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			

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