

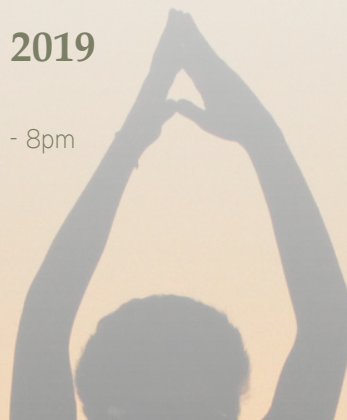


Spa Class Timetable - September 2019

Spa Opening Times:
Monday to Friday 7am - 9pm / Saturday and Sunday 8am - 8pm

Spa Treatments:
Monday to Sunday 10am - 6pm / Last treatment at 5pm

The Spa at Park House, Hotel & Spa
Bepton, Nr Midhurst, West Sussex GU29 0JB
01730 819000 / ph2o@parkhousehotel.com
parkhousehotel.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
YOGA 9.30-10.30am Cara Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool	YOGA 11.00-12.00pm Debs Barn	YOGA 10.10-11.10am Cara Barn AQUA 11.30-12.15pm Vikki Pool
9	10	11	12	13
YOGA 9.30-10.30am CANCELLED AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am CANCELLED	YOGA 11.00-12.00pm Debs Barn	YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm CANCELLED
16	17	18	19	20
YOGA 9.30-10.30am Cara Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool	YOGA 11.00-12.00 Debs Barn	YOGA 10.10-11.10am Cara Barn AQUA 11.30-12.15pm Vikki Pool
23	24	25	26	27
YOGA 9.30-10.30am Cara Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Millie Barn AQUA 11.00-11.45am Vikki Pool	YOGA 11.00-12.00 CANCELLED	YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm Vikki Pool