



Spa Class Timetable - November 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
4	5	6	7	8
YOGA 9.30-10.30am Christine Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm CANCELLED	PILATES 9.30-10.30am CANCELLED AQUA 11.00-11.45am Vikki Pool	YOGA 11.00-12.00pm Debs Barn	YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm CANCELLED
11	12	13	14	15
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 Vikki Pool	YOGA 11.00-12.00pm CANCELLED	YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm Vikki Pool
18	19	20	21	22
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 CANCELLED AQUA 11.00-11.45am Vikki Pool	YOGA 11.00-12.00pm CANCELLED	YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm Vikki Pool
25	26	27	27	29
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 CANCELLED AQUA 11.00-11.45am Vikki Pool	YOGA 11.00-12.00pm CANCELLED	YOGA 10.10-11.10am CANCELLED AQUA 11.30-12.15pm Vikki Pool