



Spa Class Timetable - January 2020

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
6	7	8	9	10
YOGA 9.30-10.30am Christine Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Lucy Barn AQUA 11.00-11.45am Vikki Pool	YOGA 9.30am-10.30am Debs Barn	YOGA 9.30am-10.30am Jo Barn AQUA 11.30-12.15pm Vikki Pool
13	14	15	16	17
YOGA 9.30-10.30am Christine Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Lucy Barn AQUA 11.00-11.45am Vikki Pool	YOGA 9.30am-10.30am Debs Barn	YOGA 9.30am-10.30am Jo Barn AQUA 11.30-12.15pm Vikki Pool
20	21	22	23	24
YOGA 9.30-10.30am Christine Barn AQUA 11.15-12.00pm Heidi Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Lucy Barn AQUA 11.00-11.45am Vikki Pool	YOGA 9.30am-10.30am Debs Barn	YOGA 9.30am-10.30am Jo Barn AQUA 11.30-12.15pm Vikki Pool
27	28	29	30	31
YOGA 9.30-10.30am Christine Barn AQUA 11.15-12.00pm Vikki Pool	PILATES 7.15-8.00pm Nicky Barn	PILATES 9.30-10.30am Lucy Barn AQUA 11.00-11.45am Vikki Pool	YOGA 9.30am-10.30am Debs Barn	YOGA 9.30am-10.30am Jo Barn AQUA 11.30-12.15pm Vikki Pool