



## Spa Class Timetable - March 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	
2		3		4		5		6	
<b>YOGA</b> 9.30-10.30am   Cara   Barn		<b>PILATES</b> 7.15-8.00pm   Nicky   Barn		<b>PILATES</b> 9.30-10.30am   Lucy   Barn		<b>YOGA</b> 9.30am-10.30am   Debs   Barn		<b>YOGA</b> 9.30am-10.30am   Cara   Barn	
<b>AQUA</b> 11.15-12.00pm   Heidi   Pool				<b>AQUA</b> 11.00-11.45am   Vikki   Pool				<b>AQUA</b> 11.30-12.15pm   Vikki   Pool	
9		10		11		12		13	
<b>YOGA</b> 9.30-10.30am   Cara   Barn		<b>PILATES</b> 7.15-8.00pm   Nicky   Barn		<b>PILATES</b> 9.30-10.30am   Lucy   Barn		<b>YOGA</b> 9.30am-10.30am   Debs   Barn		<b>AQUA</b> 11.30-12.15pm   Vikki   Pool	
<b>AQUA</b> 11.15-12.00pm   Heidi   Pool				<b>AQUA</b> 11.00-11.45am   Vikki   Pool					
16		17		18		19		20	
<b>YOGA</b> 9.30-10.30am   Cara   Barn		<b>PILATES</b> 7.15-8.00pm   Nicky   Barn		<b>PILATES</b> 9.30-10.30am   Lucy   Barn		<b>YOGA</b> 9.30am-10.30am   Danielle   Barn		<b>AQUA</b> 11.30-12.15pm   <b>CANCELLED</b>	
<b>AQUA</b> 11.15-12.00pm   Heidi   Pool				<b>AQUA</b> 11.00-11.45am   Vikki   Pool					
23		24		25		26		27	
<b>YOGA</b> 9.30-10.30am   Cara   Barn		<b>PILATES</b> 7.15-8.00pm   Nicky   Barn		<b>PILATES</b> 9.30-10.30am   Lucy   Barn		<b>YOGA</b> 9.30am-10.30am   Debs   Barn		<b>AQUA</b> 11.30-12.15pm   Vikki   Pool	
<b>AQUA</b> 11.15-12.00pm   Heidi   Pool				<b>AQUA</b> 11.00-11.45am   Vikki   Pool					
30		31		APRIL 1		2		3	
<b>YOGA</b> 9.30-10.30am   Cara   Barn		<b>PILATES</b> 7.15-8.00pm   Nicky   Barn		<b>PILATES</b> 9.30-10.30am   Lucy   Barn		<b>YOGA</b> 9.30am-10.30am   Debs   Barn		<b>AQUA</b> 11.30-12.15pm   Vikki   Pool	
<b>AQUA</b> 11.15-12.00pm   Heidi   Pool				<b>AQUA</b> 11.00-11.45am   Vikki   Pool					