



HAVEN SPA

SANDBANKS



YOGA

Between the 1st September and 31st June,
every

Tuesday 6pm - 7pm
Thursday 9am - 10am

with

Shamti



PILATES

From the 5th February,
every

Monday: 9:30am - 10:30am

with

Kelly



Haven Spa Members: FREE | Non-Members: £15

At the Haven Spa Studio class.

Open to Spa Members & Non-Members of all ability and fitness levels.

FOR MORE INFORMATION PLEASE EMAIL US AT FITNESS@HAVENHOTEL.CO.UK OR CALL US ON **01202 700 211**

Haven Spa, 161 Banks Road, Sandbanks, BH13 7QL t. 01202 700 211 e. fitness@havenhotel.co.uk

www.haven-spa.co.uk