



# HAVEN SPA

SANDBANKS



## YOGA

Between the 1st September and 31st June,  
every

Tuesday 6pm - 7pm

Thursday 9am - 10am

Saturday 10am - 11am

with

*Shamti*



Saturday Morning Yoga Classes from 10am till 11am at £5 per person

Mid-Week Yoga for Haven Spa Members: FREE | Non-Members: £8

At the Haven Spa Studio class.

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

## PILATES

From the 5th February,  
every

Thursday: 10:30am - 10:30am

with

*Kelly*



FOR MORE INFORMATION PLEASE EMAIL US AT [FITNESS@HAVENHOTEL.CO.UK](mailto:FITNESS@HAVENHOTEL.CO.UK) OR CALL US ON 01202 700 211

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[www.haven-spa.co.uk](http://www.haven-spa.co.uk)