

BOOK NOW
01202 700211

★
HAVEN SPA
SANDBANKS

T I M E T A B L E

	8:30AM	9AM	9.30AM	10AM	10:30AM	11AM	11:30AM	5:45PM	6PM	7PM
MON										YOGA 7pm-8pm <i>Jacri</i>
TUE			YOGA 9:30am-10:30am <i>Jacri</i>						YOGA 6pm-7pm <i>Lisa</i>	
WED										
THURS		YOGA 9am-10am <i>Lisa</i>			PILATES 10:30am-11:30am <i>Jo</i>			HATHA YOGA 5:45pm-7pm <i>Gail</i>		
FRI			YOGA FLOW 9:30am-10:30am <i>Lee</i>							
SAT				HATHA YOGA 10am-11:15am <i>Gail</i>						
SUN										

CLASSES ARE CHAREABLE, SEE REVERSE FOR DETAILS

FOR MORE INFORMATION PLEASE EMAIL US AT SPA@HAVENHOTEL.CO.UK OR CALL US ON **01202 700 211**
 Haven Spa, 161 Banks Road, Sandbanks, BH13 7QL | 01202 700 211 | spa@havenhotel.co.uk | www.haven-spa.co.uk



INSTRUCTOR & CLASS	MEMBERS PRICE	NON-MEMBER	HOTEL GUEST	DROP IN SESSION	MULTI BUY SESSIONS
YOGA WITH <i>Lisa</i>	FREE	£8pp	FREE	£8pp	-
YOGA WITH <i>Jacri</i>	£8pp	£10pp	£8pp	£10pp	-
PILATES WITH <i>Jo</i>	£8pp	£10pp	£8pp	£10pp	-
HATHA YOGA WITH <i>Gail</i>	£8pp	£8pp	£8pp	£8pp	£7pp MULTI-BUY OF 6 CLASSES, TO BE USED WITHIN 3 MONTHS.
YOGA WITH <i>Lee</i>	£8pp	£9pp	£8pp	£9pp	-

SEE REVERSE FOR SESSION TIMETABLE

PLEASE NOTE TIMETABLES MAY CHANGE, UPDATED TIMETBALES WILL ALWAYS BE AVAILABLE AT RECEPTION.

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