









Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2	<p>Meet the Manager</p> <p>Premier League Football in the Quench Bar</p> 	<p>Premier League Football in the Quench Bar</p> 	<p>5</p> <p>Coffee Morning</p> 	6	7	8
<p>Try a New Exercise Class this Week</p>	10	<p>11</p> <p>Coffee Morning</p>	12	13	14	<p>15</p> <p>Candle Light Swim</p> 
<p>16</p> <p>Book in for a Spa Treatment and Cleanse the Body this January</p> 	17	<p>17</p> <p>Workout Wednesday: For those wanting a trial visit to the gym</p>	<p>19</p> <p>Coffee Morning</p> 	20	21	22
<p>23</p> <p>Time to Change that Programme: Book a review with our instructors.</p>	24	<p>25</p> <p>Coffee Morning</p>	<p>Have you bought your loved one a Spa Gift Voucher for Valentines Day yet?</p> 	<p>Comedy Club in the Hotel</p> 	<p>Open Weekend: Bring your friends along</p> 	<p>Open Weekend: Bring your friends along</p>
30	31					

# Pick up a free Personal Training session today worth £25

Terms & conditions apply. See in Club for more details.

