

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|--|--|---|--|
| | | 50% off all spa treatments for members - one day only  | Coffee Morning at QHotels  | 3 | 4 | 5 |
| Enjoy a beer and a burger while watching the football in the quench bar. 20% discount to all members  | Meet the Manager: Come and join us for a chat  | Coffee Morning at QHotels  | 9 | 10 | 11 | Candle Light Swim  |
| 13 Valentines Day - Enjoy a spa treatment or a romantic meal in the hotel, make the most of your 20% discount  | | Workout Wednesday: Bring a friend with you to the club  | Coffee Morning at QHotels | 17 | 6 weeks since January 1st - it's time for that programme review. Book in this weekend | 19 |
|  | Pancake evening | Coffee Morning at QHotels | 23  | Comedy night - Book your place for a great night of fun in the hotel | Open Weekend: Bring your friends along  | Open Weekend: Great referral gifts to be had |
| 27 | 28 | 29th - Your free days membership. Make the most of it! Join in that class | | | | |
| | | | | | | |

Treat a loved one to a stay with QHotels this Valentines Day...

For a romantic break visit www.QHotels.co.uk/LOVE11



Terms & conditions apply.