

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Yoga 9.15am - 10.15am Aqua Aerobics 10.30am - 11.30am Coffee morning 10.30am - 11.30am	Coffee Morning at QHotels	3	4	5
Pilates 9.30am - 10.30am Circuit training 6.30pm - 7.30pm Pilates 7.30pm - 8.30pm	Meet the Manager: Come and join us for a chat	Yoga 9.15am - 10.15am Aqua Aerobics 10.30am - 11.30am Coffee morning 10.30am - 11.30am	9	10	11	12
Pilates 9.30am - 10.30am Circuit training 6.30pm - 7.30pm Pilates 7.30pm - 8.30pm	Have you bought your loved one a Spa Gift Voucher for Valentines Day yet?	Workout Wednesday: Bring a friend with you to the club	16	17	18	19
Pilates 9.30am - 10.30am Circuit training 6.30pm - 7.30pm Pilates 7.30pm - 8.30pm	21	Yoga 9.15am - 10.15am Aqua Aerobics 10.30am - 11.30am Coffee morning 10.30am - 11.30am	23	24	Open Weekend: Referral gift on joining	Open Weekend: Referral gift on joining
Pilates 9.30am - 10.30am Circuit training 6.30pm - 7.30pm Pilates 7.30pm - 8.30pm	28	Yoga 9.15am - 10.15am Aqua Aerobics 10.30am - 11.30am Coffee morning 10.30am - 11.30am				

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

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

