

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	Coffee Morning at QHotels 	3	4	5
Personal Training day 	Meet the Manager: Come and join us for a chat	Coffee Morning at QHotels	9	Fitness Test Friday	11	12
13 	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
20 	Ladies Coffee Morning	22	New Members Evening	Friends Free Friday	Open Weekend: Bring your friends along 	Open Weekend: Bring your friends along
	Ladies Coffee Morning	29				

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

**For a romantic break visit [www.QHotels.co.uk/LOVE11](http://www.QHotels.co.uk/LOVE11)**



Terms & conditions apply.