

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Gym Challenge Commences	Coffee Morning at QHotels 	Kids Club with Anthony 	4	Fish Pedicure - £15 for 30 minutes
6 	Meet the Manager: Come and join us for a chat	Coffee Morning at QHotels	9	Kids Club with Anthony	Fish Pedicure - £15 for 30 minutes	12
	Have you bought your loved one a Spa Gift Voucher for Valentines Day yet? 	Workout Wednesday: Bring a friend with you to the club 	Fish Pedicure only £10 for 30 minutes today	Meet the Trainer - Nutrition advice to keep you going	18	19
Kids Club with Anthony	21	22	Spa Open Evening 	Zumba Club Night - Book your place now.	Open Weekend: Get yourself a gift if you refer a friend 	Open Weekend: Get yourself a gift if you refer a friend
Kids Club with Anthony	28	Members and Guests Quiz Night, hosted by Dan starts at 7.30pm				

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.

