

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Meet the Trainer Night	Coffee Morning at QHotels	3	10am Kids Club	5
Running Club	Meet the Manager: Come and join us for a chat	8	Running Club	10	10am Kids Club	12
Running Club	Have you bought your loved one a Spa Gift Voucher for Valentines Day yet?	Workout Wednesday: Bring a friend with you to the club	Coffee Morning at QHotels	17	10am Kids Club	19
Running Club	21	22	Running Club	24	Open Weekend: Bring your friends along	Open Weekend: Bring your friends along
27	28	Workout Wednesday: Bring a friend with you to the club				

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

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

