



FEBRUARY



10TH - 18TH ACTIVITIES



SATURDAY 10

- 9am-9.45am | Pilates** with Anna in the Fitness Studio
- 10am-1pm | Arts & Crafts** A fun variety of arts and crafts with our Playroom team
- 2pm-4.30pm | Arts & Crafts** Enjoy a fun filled afternoon full of arts and crafts
- 4pm | Captain Coconut** Join Captain Coconut and his team in the Gallery for his jam-packed show
- 5pm | Moon Practice Hatha Yoga** with Natasha King in the Fitness Studio
- Evening Sounds** Relax to the sounds of our pianist in the cocktail bar

SUNDAY 11

- 10am-1pm | Arts & Crafts** Enjoy a morning of arts and crafts
- 10am-11am | Yin Yoga** with Natasha King in the Fitness Studio
- 2pm-4.30pm | Ceramics 3D Designs** For the older children. Arts and crafts for the younger children

MONDAY 12

- 8.30am-9.15am | Pilates** with Natasha in the Fitness Studio
- 10am-1pm | T-shirt Decorating** Decorate funky t-shirts to take home plus fun arts and crafts
- 11.15am-12pm | Zumba** with Natasha in the Fitness Studio (age 16+)
- 2pm-4.30pm | Decoupage** Decoupage with wooden craft designs
- 4pm | Emazdad** Join Emazdad and his friends for a magical show in the Gallery
- 6.30pm | Meditation** with Natasha King in the Fitness Studio
- After Dinner | Race Night** Fancy a flutter? Join our Race night in the Terrace Lounge

KEY:

- Call our Playroom on 020 to book
- Just turn up
- Weather dependant
- Call Guest Relations (042) Booking essential

TUESDAY 13 - Pancake Day -

- 8.30am-9.30am | Sun Practice Hatha Yoga** with Natasha King in the Fitness Studio
- 10am-1pm | Arts & Crafts** Enjoy a morning of arts and crafts
- 10am-11am | Energising Wake Up Yoga** with Jessica in the Fitness Studio
- 11am-1pm | Pancake Making** Flip some pancakes with yummy toppings
- 11.15am-12pm | All Style Dance Workout** with Natasha in Fitness Studio
- 12.15pm-1.15pm | Full Body Workout** with Megan in the Fitness Studio
- 1.30pm-3pm | Spangles Circus Skills (ages 4+)** Learn new circus skills and tricks with Spangles the clown. Meet in the Gallery

- 2pm-4pm | Pancake Making** Flip some pancakes with yummy toppings
- 2pm-4.30pm | Arts & Crafts** A fun afternoon of arts and crafts with our Playroom team
- 4pm | Spangles Circus Show** Kids show off their new circus skills to family and friends in the Gallery

- 5pm-5.45pm | Align and Flow Yoga** with Lenka Koubek in the Fitness Studio

WEDNESDAY 14 - Valentine's Day -

- 8am-9am | Pilates** with Megan in the Fitness Studio
- 8am-9am | Coast & Cardio Beach Walk** with Natasha. Meet by Guest Relations at 7.55am
- 9.15am-10.15am | Pilates** with Megan in the Fitness Studio
- 10am-1pm | Candy Pops Decorating** Decorate some marshmallow candy pops and decorate some sweet cards
- 10.30am-11.30am | Silver Swans Ballet** with Natasha in the Fitness Studio
- 2pm-4.30pm | Make & Bake Biscuits** Decorate and bake some delicious biscuits
- 2pm-4.30pm | Arts & Crafts** A fun afternoon of arts and crafts with our Playroom team
- 4pm | Magic Luke** Magician Luke shows off his tricks in the Gallery
- Evening Sounds** Relax to the sounds of our pianist in the cocktail bar

THURSDAY 15

- 7.30am-8.30am | Energising Wake up Yoga** with Jessica in the Fitness Studio
- 10am-1pm | Fun in the Dunes** Fly kites and planes and enjoy toasted marshmallows in the dunes
- 3pm-4.30pm | Bead Making & 3D Modelling** Get creative with hama beads and 3D models
- 4pm | Merlin's Science Show** Watch Merlin's science show in the Gallery
- 5pm-6pm | Align and Flow Yoga** with Jessica in the Fitness Studio
- After Dinner | Cash Prize Bingo** Head to the Terrace Lounge after dinner for family-friendly bingo - with cash prizes!

FRIDAY 16

- 8.15am-9.15am | Feel-good Friday Flow** with Jessica in the Fitness Studio
- 9.30am-10.30am | Feel-good Friday Flow** with Jessica in the Fitness Studio
- 10am-1pm | Tie Dye T-shirts** Decorate your own t-shirt to take home along with a variety of art and crafts
- 2pm-4.30pm | Keepsake Decoupage** An afternoon of fun activities including decoupage with keep sake boxes
- 6pm-7pm | Breathwork** with Natasha King in the Fitness Studio

SATURDAY 17

- 9am-9.45am | Pilates** with Anna in the Fitness Studio
- 10am-1pm | Arts & Crafts** Decorate canvases, wooden keepsakes with stencil designs
- 2pm-4.30pm | Mandala Rock Art** Enjoy a fun filled afternoon full of funky arts and crafts and mandala rock art
- 4pm | Captain Coconut** Join Captain Coconut and his team in the Gallery for his jam-packed show
- 5pm | Moon Practice Hatha Yoga** with Natasha King in the Fitness Studio
- Evening Sounds** Relax to the sounds of Brian Payne in the cocktail bar



SAUNTON SANDS

HOTEL | SOURCE SPA & WELLNESS

SOURCE SPA CLASSES TIMETABLE

SATURDAY

9am-9.45am | Pilates AC
5pm-6pm | Moon Practice Hatha Yoga NK

SUNDAY

10am-11am | Yin Yoga NK

MONDAY

8.30am-9.15am | Pilates NB
11.15am-12pm | Zumba NB
6.30pm | Meditation NK

TUESDAY

8.30am-9.30am | Sun Practice Hatha Yoga NK
10am-11am | Energising Wake Up Yoga JW
11.15am-12pm | All Style Dance NB
12.15pm-1.15pm | Full Body Workout MM
5pm-5.45pm | Align & Flow Yoga LK

WEDNESDAY

8am-9am or 9.15am-10.15am | Pilates MM
8am-9am | Coast & Cardio Beach Walk NB
10.30am-11.30am | Silver Swans Ballet NB

THURSDAY

7.30am-8.30am | Energising Wake Up Yoga JW
5pm-6pm | Align & Flow Yoga JW

FRIDAY

8.15am-9.15am | Feel Good Friday Flow JW
9.30am-10.30am | Feel Good Friday Flow JW
6pm-7pm | Breathwork NK

SATURDAY

9am-9.45am | Pilates AC
5pm | Moon Practice Hatha Yoga NK

INSTRUCTORS:

AC Anna Clarke, NK Natasha King, MM Megan Martin, NB Natasha Burgess,
JW Jessica Wright, LK Lenka Koubek, CH Coral Hawkins, RC Rob Cook

INFORMATION:

To book onto a class please see our Guest Relations Team or call 042 or 003
Classes will be either held on the front lawn or in the fitness Studio (weather dependent)
All classes are designed for all fitness levels and abilities and for ages 16+
Please let your instructor know of any injuries or contraindications

