

LYGON

SPA



SPIN TASTER SESSIONS WITH AMANDA

- | Monday 05 / 01 / 26 at 4.30pm
- | Monday 12 / 01 / 26 at 6.15pm

Weekly Class:

- | Every Monday at 5.15 - 6pm



SEASONAL YOGA TASTER SESSIONS WITH KATIE

- | Friday 09 / 01 / 26 at 9am
- | Friday 16 / 01 / 26 at 9am

Weekly Class:

- | Every Friday 7.45 - 8.45am

Special Offer On The Day:

- | Buy 12 classes for 10 (£100 instead of £120)

Book your space at Spa reception via:

- | 01386 85 44 24
- | spa@lygonarmshotel.co.uk

Subject to availability and limited spaces available, Spa access excluded.



LYGON

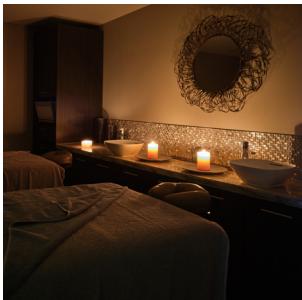
SPA



JOIN NINA FOR A TOUR OF THE LYGON SPA AND A GLASS OF FIZZ!

| Saturday 11th of January 10am - 6pm

Save £265 joining fee when signing up
as a member on the day!



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WE LOOK
FORWARD TO
SEEING YOU!