

2ND – 15TH FEBRUARY

Wellness Bingo

Complete a horizontal, diagonal or vertical line of Champneys Wellness activities.



Bring a guest

Book a PT session

Rest

Book a treatment

Attend a cardio exercise class

Go for a swim

Book a wellness check up

Book a nutrition consultation

Relax in the sauna

Complete our fitness challenge

Attend yoga/pilates class

Go for a walk

Rest

Bring a guest

Go for a walk

Attend an aqua class