

Wellness Day

FREE to members!

[Click here to book now](#)

Studio 1

Meditation
08:00-09:00

Health Tai Chi
09:15-10:15

Yoga Eco Nidra
10:30-11:30

Sound Bath
11:45-12:45

Gymnasium

**Pilates -
Core & Strength**
09:00-10:00

**Pilates -
Mobility & Flexibility**
10:15-11:15

Vinyasa (Dynamic) Yoga
11:30-12:30

Body Balance
12:45-13:45

Studio 2

Meditation
09:00-10:00

Seated Yoga
10:30-11:15

Seated Pilates
11:45-12:30

Seated Health Tai Chi
12:45-13:30

Swimming Pool

Book Now:

1. Visit Book Online
2. Choose Saturday 27th September and filter by Classes.
3. Select your preferred session and click 'Quick Book'
4. PAYGO / PAYGO+ members: bookings open 14 days before the session.
5. Or, call Reception on 01403 247572.

Water Sound Bath
14:00-15:00

(Please note you won't need to enter the water, instead you will float on top of the water)

Sports Hall

**Wellbeing Workshop:
Emotional Wellbeing**
09:15-10:15

**Wellbeing Workshop:
Burnout**
10:15-11:00

**Wellbeing Workshop:
Fuel for Life**
11:00-12:00