

BluecoatSports
Christ's Hospital
Members Weekend

25-26
September

**Members go
FREE!***

Wellness Evening Friday 25 September

Gymnasium

Body Balance
18:00 - 19:00

Pilates:
Mobility & Flexibility
19:15 - 20:00

Yoga
20:15 - 21:00

Studio 1

Sound Bath
18:15 - 19:00

Health Tai Chi
19:15 - 20:00

Meditation
20:15 - 21:00

Studio 2

Seated Yoga
18:00 - 18:45

Seated Pilates
19:00 - 19:45

**Seated Health
Tai Chi**
20:15 - 21:00

Pool

Water Sound Bath
19:30-20:30



Fitness Yard

Masterclass:
Learn to Stretch
18:00 - 18:30

Masterclass:
Learn to Stretch
18:45 - 19:15

Padel

Level 2+
Tournament
From 18:00

**Enter Via
MATCHi app***

**10 days in advance*