

ARDING WELLNESS



WEEKLY | 9AM **SATURDAY MORNING PILATES**

Find your balance with a calming 45-minute sound healing session with Rose Wild.

08.11 | 9AM **SOUND BATH HEALING BOWLS**

Find your balance with a calming 45-minute sound healing session with Rose Wild.

19.11 | 7PM **WE ARE SANCTUM**

Blending physical intensity with mindful euphoria, guiding you to release and renew..

28.11 | 7PM **ARDING RUN CLUB**

Join our relaxed 5K run with Paddy Watts and Olympian Lloyd Wallace.

22.11 | 7PM **IN CONVERSATION WITH DR JENNA**

Exploring the science of longevity, blending immunology, breathwork and practical wisdom for living well



ARDING SOCIAL



06.11 | 7PM **ARDING QUIZ NIGHT**

Get ready for a quiz night with Sharky & George, packed with food challenges, laughs, and friendly competition.

13.11 | 6PM **MEMBERS' MIXER**

Join us for a free tequila tasting and indulge in our Mexican menu while you mingle with fellow members.

20.11 | 3PM **ARDING OPEN PADEL TOURNAMENT**

An Americano-style day of friendly competition, energy and great company at Rocket Padel Battersea.

20.11 | 7PM **OPUS X ARDING SUPPER CLUB**

Held in collaboration with OPUS, gather with founders and innovators for an exceptional evening of food and fine wine.

29.11 | 12PM **BOTTOMLESS BRUNCH**

Symphony & Spritz is our monthly bottomless brunch, enjoy free-flowing drinks, brunch plates, and a live string quartet.

30.11 | 12PM **FAMILY DAY**

Enjoy a Sunday roast while kids dive into games, activities and entertainment with Sharky & George.

EXPERIENCES



ARDING EXPERIENCES



09.11 | 1PM **LIVE JAZZ**

Settle in for a soulful Sunday, enjoy a classic roast accompanied by live jazz.

14.11 | 9PM **THE MODERNIST PANEL TALK**

Join us for a discussion on how hospitality is redefining luxury through authenticity, and meaningful experiences.

20.11 | 10AM **MEET THE DESIGNER: RENATA LINS**

Join us for a morning with designer Renata Lins – explore her latest collection, and try on select garments.

24.11 | 6PM **BOOK CLUB**

Enjoy a relaxed discussion over a complimentary drink while exploring *The Names* by Florence Knapp.

25.11 | 5PM **FESTIVE ART CLASS**

Join us for an evening of art as we explore mixed media on paper hosted by Jan Erika.

26.11 | 7PM **WINE CLUB**

Join us for a relaxed tasting of Alsace wines, paired with regional bites and Alsatian treats.