

ARDING WELLNESS



WEEKLY | 11:15AM **SUNDAY YOGA**

Our new yoga residency by ALLEZ, this class blends Vinyasa, Katonah and Iyengar with Kundalini breathwork.

07.02 | 9AM **JUJU & BON CHARGE GALENTINE'S EVENT**

Galentines with Pilates, meditation, self love rituals and themed treats. Limited free tickets for Arding members.

10.02 | 7:00PM **ARDING STRIDE**

Join us for a relaxed 5K run open to all members, no matter your pace.

14.02 | 9:15AM **SOUND BATH**

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

21.02 | 10:30AM **MAT PILATES**

Focused on strength, alignment and mindful movement.

25.02 | 7PM **WE ARE SANCTUM**

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

ARDING SOCIAL



13.02 | 8PM **JUST BECAUSE PARTY**

Mate night, date night, girls' night or a spontaneous night out, *just because*.

14.02 | 11AM **MORNING SALSA**

An energetic atmosphere that's perfect for singles, couples, and friends!

14.02 | 7PM **VALENTINE'S DINNER**

Settle in for a 5-course dinner & live string quartet playing reimagined pop..

18.02 | 7PM **MONTHLY BOOK CLUB**

This month's read is Three Flowers, hosted by the Author Edwina Bowen.

19.02 | 7PM **MEMBER MIXER**

A relaxed members' mixer with plenty of time to mingle.



ARDING EXPERIENCES



04.02 | 7PM **ARDING QUIZ NIGHT**

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

10.02 | 12:30PM **AI & EMOTIONAL INTELLIGENCE TALK**

Join Dr Holly Symons for a thought-provoking session.

12.02 | 7PM **LIFE DRAWING**

A relaxed and inspiring life drawing session, hosted by Bella Franks – just bring an open mind!

17.02 | 7PM **HOT HISTORIES**

A fascinating talk on The Black Madonna and Hidden Histories, led by Luca Mitchell.

20.02 | 9AM **FASHION WEEK BRUNCH**

Beyond the Runway: Sustainability Talks on the Next Chapter of Fashion.

27.02 | 9AM **MEMBER BRUNCH**

A warm and friendly start to Friday, designed to bring everyone together.