

ARDING WELLNESS



WEEKLY | 10:15AM **SUNDAY YOGA**

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

06.03 | 7PM **WE ARE SANCTUM** 

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

07.03 | 9:15AM **SOUND BATH**

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

10.03 | 8:00AM **ARDING BOOTCAMP**

A bodyweight sweat session designed for all levels, hosted on the terrace.

11.03 | 7:00PM **ARDING STRIDE**

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

21.03 | 11AM **HALF DAY MEDITATION RETREAT**

Mark the Spring Equinox with a half day meditation and sound experience.

ARDING SOCIAL



04.03 | 7PM **ARDING QUIZ NIGHT**

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

15.03 | 11AM **MOTHER'S DAY**

Celebrate mum with a beautiful dining experience & entertainment.

19.03 & 27.03 | 7PM **MEMBER MIXERS**

Join us for tequila tasting in the pm, or ease into the day with a brunch.

22.03 | 12PM **FAMILY DAY**

Enjoy a Sunday roast while kids are entertained by Sharky & George.

26.03 | 7PM **HOT HISTORIES**

A fascinating talk on Surviving the Ages: A Queer History of Resilience and Resistance, led by Luca Mitchell.

27.03 | 7PM **CASINO NIGHT**

We're turning the lights down and the tables on for Casino Night at the club. Ticket includes fun money & a drink.

ARDING EXPERIENCES



05.03 | 6:30PM **VISION BOARD MAKING**

An evening of creativity, reflection & intention at our workshop.

08.03 | 11:30AM **A VILLAGE ON YOUR DOORSTEP**

Activities for the kids, food, pampering & shopping for the adults. A full club takeover hosted by the JJ Club.

09.03 | 8AM **WOMENS DAY BRUNCH**

An inspiring women's brunch, hosted in celebration of International Women's Day.

10.03 | 7PM **BOUQUET MAKING**

A hands-on flower bouquet making workshop led by our florist, David.

12.03 | 6:30PM **ESPRESSO MARTINI MASTERCLASS**

Hosted by our friends at CafePod, learn to balance flavour & master the shake.

25.03 | 6:30PM **LAMPSHADE MAKING**

A creative, hands-on workshop. Leave with a beautiful piece for your home.