

ARDING WELLNESS



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

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

11.04 | 9:15AM **SOUND BATH**

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

11.4 & 25.4 | 10:30AM **MAT PILATES**

A low-impact, full-body workout focused on core strength & control.

15.04 | 7:00PM **ARDING STRIDE**

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

17.04 | 7PM **WE ARE SANCTUM** 

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

18.04 | 9:30AM **HIIT ROOFTOP TERRACE CLASS**

Join us for a high-impact Energy Training session on the terrace, designed to push both your physical and mental limits.

29.04 | 9:30AM **BON CHARGE PRESENTS: MOVE & RECOVER**

A special experience designed to bring members together through movement, recovery and connection.

ARDING SOCIAL



08.04 | 7PM **ARDING QUIZ NIGHT**

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

14.04 | 6:30PM **GOAL SETTING CHECK-IN**

Join us for a relaxed check in following our January goal setting workshop.

16.04 | 7PM **MEMBER MIXER**

Join our monthly member mixer and connect with fellow members.

24.04 | 9AM **MEMBER BRUNCH**

A Friday morning brunch mixer, hosted by the Arding Rooms, your chance to connect with the Arding Team.

25.04 | 9:30AM **FOUNDERS MORNING**

A hosted breakfast with OPUS, giving founders the chance to connect.

26.04 | 12PM **FAMILY DAY** 

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

ARDING EXPERIENCES



10.04 | 6:00PM **MENS STYLING SESSION**

Men's styling session hosted with Shoulder to Shoulder Mental Health.

17.04 | 7PM **U33'S WINE SOCIAL SINGLES EVENT**

A relaxed wine tasting mixer, in collab with Thursday Dating & Clarity Club.

22.04 | 8AM **WOMENS BRUNCH**

Hosted by Kora Gault, a chance to chat & connect over a breakfast spread.

23.04 | 5PM **TERRACE LAUNCH**

Celebrating the launch of our rooftop terrace with a live DJ & happy hour.

24.04 | 7PM **NIGHT AT THE WEST END**

Live performances from West End singers with a two-course dinner.

28.04 | 9AM **HEADSHOT PHOTOSHOOT**

Opportunity for members to have professional headshots taken.