

# ARDING WELLNESS



## WEEKLY | 6:30PM **TUESDAY RUN CLUB**

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Join us for a relaxed weekly run club hosted by Static.  
6KM @ 6MIN/KM.

## WEEKLY | 10:30AM **SATURDAY MAT PILATES**

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

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

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

## 02.06 | 5PM **SOCIAL PADEL TOURNAMENT**

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A social padel tournament hosted at Rocket Padel Battersea.

## 13.06 | 9:15AM **SOUND BATH**

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

## 17.06 | 12PM **BREATHWORK SESSION**

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Step away from the noise of the working week and discover a simple toolkit to support you throughout your day.

## 28.06 | 12PM **THE SUNDAY CLUB**

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Enjoy yoga, a wellness talk, rooftop Hermosa shakes and gifts from Trinny London.

# ARDING SOCIAL



02.06 | 7PM **SUMMER NETWORKING EVENT** 

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Hosted by the JJ Club. Bringing together 100 ambitious founders, creatives and professionals.

04.06 | 6:30PM **MATED DATING** 

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A private dating evening centred around real-life chemistry and meaningful connection, the way it's meant to be.

05.06 | 6:00PM **THE ARDING ROOMS TURN 1**

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DJ, live band, canapés, cocktails and fancy dress, an unmissable night. Starting on the Terrace and moving to the club later on.

10.06 | 7PM **ARDING QUIZ NIGHT - BIRTHDAY EDITION**

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

14&21.06 | 3PM **SUNDAY SESSIONS: BILLY KEANE LIVE**

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We are thrilled to have secured Billy Keane live on the terrace this summer! 3pm - 5pm sessions.

20.06 | 6:00PM **POP PUNK GOES SALSA**

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What happens when a pop-punk choir crashes a beginners salsa class? Chaos, laughs, and surprisingly smooth moves.

25.06 | 6:30PM **MEMBER MIXER**

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Terrace party hosted with Lockdown Liquor, with shake-your-own cocktails & mingling.

# ARDING EXPERIENCES



06.06 | 2PM **THE DATING RESET** 

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Join CiCi Coleman for an honest, and thought-provoking workshop for females.

07.06 | 12PM **FAMILY DAY** 

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Treat yourself to a delicious Sunday roast while the little ones enjoy a fun-filled afternoon.

08.06 | 3PM **COLOUR ANALYSIS** 

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Discover your perfect palette with a 25-minute 1:1 Colour Analysis and full colour breakdown.

09.06 | 6:30PM **LIFE & PERFORMANCE WORKSHOP**

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What a Brain Injury Taught Me: 6 Lessons to Help You Truly Live. An inspiring session.

16.06 | 6PM **ARDING CULTURAL COLLECTIVE**

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We invite creatively curious members to join for lively discussion: this month is Present Laughter.

18.06 | 7PM **PITCH 2 PODCAST FINALS**

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Our live finals evening! Watch 10 finalists pitch their best podcast idea for the chance to win!

23.06 | 6:30PM **BEGINNERS MAJONG**

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Join us for a beginners Majong class hosted with Birdie Bam Club.