

ARDING WELLNESS



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

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

WEEKLY | 9:30AM **WEDNESDAY MAT PILATES**

Hosted by Third Space on the terrace. A low-impact,
full-body workout focused on core strength & control.

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

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

WEEKLY | 11:30AM **SUNDAY 50+ YOGA**

Join experienced yoga teacher Ade Anibaba, a welcoming
yoga and wellbeing workshop designed for adults aged 50+.

04.07 & 18.07 | 10:15AM **MAT PILATES**

Mat pilates hosted on the terrace.

11.07 | 10:30AM **SADIE FROST: THE ART OF YOGA**

A morning of yoga, live art, wellness & connection, followed
by terrace wellness stands and panel talks.

25.07 | 10AM **PHONE-FREE WELLNESS AM**

A restorative experience featuring movement, breathwork
and reflection.

ARDING SOCIAL



LIVE SPORTING EVENTS

From Wimbledon to the World Cup, enjoy live sport shown on the terrace & in the club.

04.07 | 7PM **CORSAIR SOCIETY**

Exploring the UK–US "Special Relationship" featuring classic American food and tunes.

05.07 | 3PM **BILLY KEANE LIVE**

Join us on the terrace for an afternoon of beers, BBQ and Billy Keane! Bring a crowd.

08.07 | 7PM **QUIZ NIGHT**

An interactive, laughter-filled quiz night hosted by Sharky & George. Bring your best table.

14.07 | 7PM **WAVELENGTH**

London's networking event for creators, influencers & digital innovators, exclusive access for Arding members.

16.07 | 6PM **WINE TASTING & CANAPES**

Hosted by our friends at Southern Wines, join us for a complimentary tasting.

22.07 | 6PM **MEMBER MIXER**

An evening of Patron drinks and live music.

31.07 | 6PM **MID-SUMMER SOCIAL**

Live DJ, happy hour drinks flowing, and member guests very welcome.



ARDING EXPERIENCES



02.07 | 7PM **MAHJONG**

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

09.07 | 7PM **OPERA LOUNGE & TERRACE DJ**

Bringing together live opera, DJs, flowing drinks, and summer evenings.

14.07 | 6:30PM **THE ART OF HEALTHY SKIN**

Join Daryl, Registered Nurse, for an in-depth exploration of skin health and aging well.

15.07 | 6PM **TACKLING CRIME, RUGBY & BURNOUT**

Zane McCormack explores burnout within rugby, policing and the lessons for everyday businesses.

15.07 | 6PM **PHONE-FREE CREATIVE EVENING**

You'll spend two hours making something with your hands alongside a small group of like-minded people.

18.07 | 2PM **SIP & CAKE DECORATING**

Swap the canvas for cake and the paint for buttercream at this cake decorating workshop.

22.07 | 6:30PM **HOW TO DECLUTTER WORKSHOP**

Exploring the hidden impact of clutter on our wellbeing, focus, and daily lives.

24.07 | 6PM **ROOFTOP SALSA**

Casual beginner-friendly Salsa class hosted by Battersea Social at sunset.