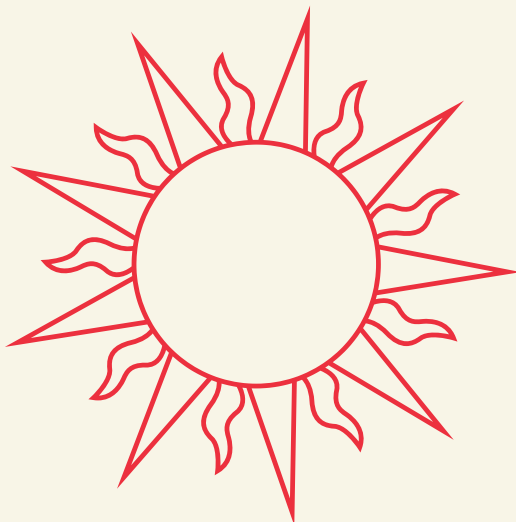


October Events



WELLNESS

SUNDAY YOGA 10:15 AM

A weekly calming class focused on mindful movement and breathwork.

REFORMER PILATES 12PM

11th & 18th October. 3 Sunday reformer classes, hosted by Bench & Barrel.

3.10 SOUND BATH 9:30AM

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

7.10 THE GUT-BRAIN CONNECTION 7PM

The role of nutrition in relation to brain health, mood, and general well-being.

10.10 OFFLINE WELLNESS MORNING 10AM

A three-hour phone-free morning of yoga, breathwork and journaling.

31.10 MOVE & RESET MORNING 10AM

A Morning of Movement & Connection. Pilates, ear seeding & facial massage.

SOCIAL

14.10 QUIZ NIGHT 7PM

An interactive, laughter-filled quiz night hosted by Sharky & George.

22.10 MEMBER MIXER 6PM

Our monthly member mixer! A chance to connect with your fellow members.

23.10 LINE DANCING 7PM

An evening of beginner line dancing classes, country hits and connections!

24.10 DRAG BINGO 8PM

Join us for drag bingo at the club. Gather your table and play!

30.10 SOFAR SOUNDS 8PM

Intimate live music with Sofar Sounds, featuring emerging artists.

31.10 HALLOWEEN 8PM

Halloween, after dark, speakeasy vibes. Dress for the occasion.

EXPERIENCE

4.10 SUNDAY ROAST & LIVE MUSIC 1PM

Roast is finally back! Enjoy the first one of the season with live music.

6.10 MAHJONG 6:30PM

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

8.10 REBEL WRITERS 7PM

A new, monthly writing community, with guest host Africa Brooke.

20.10 ADHD TALK 7PM

Has Everyone Got ADHD? (an evening talk for ADHD Awareness Month).

25.10 FAMILY DAY 12PM

Enjoy a Sunday roast while kids are entertained for 3 hours.

27.10 WOMENS HEALTH TALK 7PM

Hosted by Third Space, an evening discussion around Women's Health.