December Events

WELLNESS

5.12 SOUND BATH 9:30AM

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

5.12 WOMEN'S WEEKENDER 10AM

Start your Saturday with a little fresh air, exercise and good company.

5.12 MAT PILATES 10:30AM

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

10.12 WOMEN'S HEALTH LIVE PODCAST 6:30PM

An honest conversation recorded live for the SuccessFou podcast.

12.12 MOVE & MEET 10AM

Expect a morning of festive Pilates, delicious brunch & a glowmode set!

13.12 YOGA 10:15AM

A calming class focused on mindful movement and breathwork.

SOCIAL

3.12 XMAS COCKTAIL MAKING SOCIAL 6:30PM

Join Patrón for a Christmas cocktail masterclass.

8.12 FESTIVE MOVIE NIGHT 7PM

Grab a drink, get cosy and settle in for a classic – Love Actually.

16.12 QUIZ NIGHT 7PM

Our last quiz night of the year! Hosted by Sharky & George.

17.12 REBEL WRITERS 6PM

A monthly writing community, hosted by author Rebecca Archer.

18.12 CHRISTMAS PARTY 7PM

Join us for a festive night of music, drinks and Christmas cheer.

31.12 NYE PARTY 8:30PM

Great music, entertainment and a glass of bubbles to toast at midnight!

EXPERIENCE

4.12 LINE DANCING 7PM

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

9.12 GINGERBREAD HOUSE MAKING 6:30PM

An evening of festive fun decorating gingerbread houses & mulled wine.

9.12 LUXURY CLOTHING DRIVE 10AM

A luxury sustainable fashion morning, all in aid of Royal Trinity Hospice.

11.12 CATASTROPHE CABARET 7PM

A night of award-winning comedy & live music!

15.12 CAROLS 6:30PM

Join us for an evening of carols around the Christmas tree.

22.11 FAMILY DAY 12PM

Join us for our final Family Day of the year! Perfect for the little ones.