

MONDAY OCTOBER 21ST

09:30 Yoga Social

Active Yang followed by calming Yin, then refreshments & chat! Suitable for all. *With Nat*

15:00 Iyengar Yoga

A new class with expert instructor *Charlie*

17:45 Yoga - Beginner & Beyond

For those new to Yoga, those who prefer a slower pace or those working on deepening their practice. *With Nat*

18:45 Yoga - Yin Yoga

Suitable for all. A deeply restorative and meditative class. Great for mobility, managing stress and anxiety. *With Nat*

20:45 Yoga - Mens Mobility

Men's Mobility focuses on flexibility, strength, & movement techniques to enhance physical performance & reduce injury. *With Nat*

TUESDAY OCTOBER 22ND

09:30 Gentle Pilates

Mindful Pilates for older adults to enhance joint mobility, strength, and balance. Ideal for joint restrictions. *With Gitta*

17:45 Pilates Fundamentals Plus

A foundational Pilates class focusing on breath, alignment, and mindful movement. Suitable for all levels. *With Gitta*

WEDNESDAY OCTOBER 23RD

18:00 Yoga - Beginner & Beyond

For those new to Yoga, those who prefer a slower pace or those working on deepening their practice. *With Nat*

19:00 Yoga for Anxiety

Understand anxiety's physical effects and manage it through breath, movement, and meditation. *With Nat*

THURSDAY OCTOBER 24TH

09:30 Pilates - Pelvic Floor Focus

Learn pelvic floor and core fundamentals through breath, relaxation, & anatomy guidance. Suitable for all levels, including beginners. *With Gitta*

19:30 - Evolve Mens Circle

Join James for our monthly mens circle. A safe space for men to come together and support one another. Email to book. *With James*

FRIDAY OCTOBER 25TH

09:30 Yoga - Restorative

Suitable for all. a gentle class, blending flow and yin, for a refreshing, breath-focused weekly reset *With Nat*

10:30 Yin Yoga Social

Calming Yin class followed by refreshments & chat! Suitable for all. *With Nat*

13:30 Wells Menopause Cafe

A new 2 hour group to support women at all stages of the menopause. Join us for a cuppa to learn, share and support *With Fleur.*

18:00 Monthly Women's Circle

When women come together to share and support one another, magic happens. *With Nat.*

SATURDAY OCTOBER 26TH

10:00 The Awakened Woman Retreat

A 2-day women's wellness journey exploring and awakening feminine archetypes. *Jessika & Nat*

SUNDAY OCTOBER 27TH

10:00 The Awakened Woman Retreat

A 2-day women's wellness journey exploring and awakening feminine archetypes. *Jessika & Nat*