

WELLNESS PROGRAMS

YOGA



YIN-YANG

A blend of contrasting elements that harmonise body and mind. Ideal for those seeking balance and a mindful approach to their practice.

HATHA

Focused on mindfulness, alignment, and holding poses to build a solid foundation. Ideal for mastering the basics and cultivating patience in your practice.



VINYASA

Vinyasa is designed for a dynamic and energetic experience, for those seeking continuous movement over stillness in their practice.



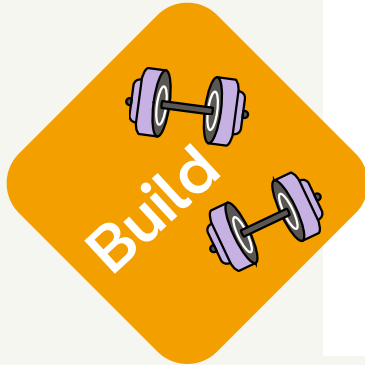
UNWIND & SOUNDBATH

A yin-style class focused on restorative poses and soothing sounds. Relax, reduce anxiety, enhance your mood, and alleviate pain – while releasing any tension or tightness.



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FITNESS

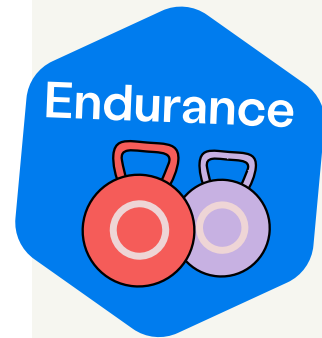


BUILD

Boost stamina, strength, and stability with resistance exercises and bodyweight movements. Master foundational techniques and advance further.

ENDURANCE

Power up your strength, endurance, and power in this Metabolic Conditioning class. Experience circuit-style training with twists – integrating weight training and bodyweight exercises for an invigorating workout.



MOBILITY & MOVEMENT

This class uses focused stretches and science-backed techniques for mindful training, promoting strength, addressing muscle imbalances, and preventing injuries.

BODYWEIGHT

Explore innovative bodyweight movements focused on form and control in this equipment-free class. It's just you and your body!



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MARTIAL ARTS



MUAY THAI

Muay Thai uses a combination of kicks, punches, knees, and elbows. Conducted in a safe, supportive environment, we prioritise fundamentals and technique, catering to all levels from beginners to athletes.

RECOVERY

INFRARED SAUNA

A relaxing and warm experience that promotes sleep, detoxification, boosted metabolism, pain relief, skin rejuvenation, and improved circulation. Listen to your favourite tunes or podcasts using the in-built bluetooth speaker.

