

WELLNESS

MARTA DECARLI 8th June- 20th June

	Monday 8/06/2026 15/06/2026	Tuesday 9/06/2026 16/06/2026	Wednesday 10/06/2026 17/06/2026	Thursday 11/06/2026 18/06/2026	Friday 12/06/2026 19/06/2026	Saturday 13/06/2026 20/06/2026
8:45 - 9:30		Slow Sculpt Pilates Upper Body Focus	Dynamic Vinyasa	Dynamic Pilates	Slow Sculpt Pilates Upper Body Focus	Slow Flow Yoga
9:45 - 10:30						Dynamic Pilates
5:00 - 5:45	Restorative mat Pilates	Restore and Unwind	Restorative mat Pilates Spinal Release	Restore and Unwind	Slow Flow Yoga	

Restorative mat Pilates

A steady, slow-paced restorative class that focuses on controlled movements, core activation, improved mobility and deep stretching. Perfect for all levels and ideal for beginners, it helps build strength, alignment, and flexibility while promoting relaxation and body awareness.

Dynamic Pilates

Express an uplifting vinyasa flow that blends breath and movement in a continuous, dynamic sequence. Designed to build strength and fluidity while calming the mind, this practice leaves you feeling balanced, energised, and restored.

Slow Sculpt Pilates

Slow sculpt Pilates is a slower, more conscious, mat-based workout that blends classic Pilates techniques with strength-focused movements to tone, lengthen, and define your muscles. This slower, more strength-based class targets the core, glutes, and arms for an intense full-body burn, leaving you feeling strong and sculpted.

Slow Flow Yoga

Slow Flow Yoga is a grounding practice that enhances flexibility and deepens stretches through slow, fluid movements. Designed to promote relaxation, balance, and calm, it's the perfect class for beginners.

Restore and Unwind

A breath-led restorative yoga class designed to build warmth, enhance mobility, and promote deep relaxation. Expect some restorative fluid Yoga postures in the first half of the class, followed with deeply restorative, slower-paced poses to end, calming the body and mind.