

WELLNESS

CIAN HUGHES 6th- 18th July

	Monday 6/07/2026 13/07/2026	Tuesday 7/07/2026 14/07/2026	Wednesday 8/07/2026 15/07/2026	Thursday 9/07/2026 16/07/2026	Friday 10/07/2026 17/07/2026	Saturday 11/07/2026 18/07/2026
8:00 - 8:45	Express Core and Glutes	Slow Sculpt Pilates Upper Body Focus	Express Core and Glutes	Restorative mat Pilates Grounding release	Slow Sculpt Pilates Upper Body Focus	Dynamic Pilates
9:45 - 10:30	Dynamic Pilates		Dynamic Pilates		Express Core and Glutes	Express Core and Glutes
17:45- 18:30	Restorative mat Pilates	Stretch and Recovery	Restorative mat Pilates Spinal Release	Stretch and Recovery	Restorative mat Pilates Grounding release	

Dynamic Pilates

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.

Express Core and Glutes

A targeted strength session focused on building core stability and lower-body strength. Expect controlled movements to activate, tone, and strengthen – leaving you feeling strong, balanced, and supported.

Stretch & Recovery

Release tension, improve flexibility, and support recovery with deep stretches, mobility work, and breath-focused movements. This all-levels class enhances circulation, reduces soreness, and restores balance—leaving you refreshed and ready to move with ease.

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.