



BROADLANDS WELLNESS STUDIO

by Jasmin's Pilates

📷 @jasmins_pilates 📷 @broadlands_wellness_studio

STUDIO OPEN & LAUNCH DAY!

Saturday 19th September

Meet some of our practitioners • 9am - 1pm

Free Taster Experiences • 2 - 4pm

including Pilates & Sound Bath (30 mins each)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 am Georgie Blackman SOMA Breathwork <i>Fortnightly from 28th Sept</i>	9:15 - 10:15 am Jasmin's Mat Pilates			10:30 - 11:30 am Fitness Pilates with Fiona		
10:15 - 11:15 am Sound Bath with Sue from Beach Hippie Crystals <i>Fortnightly from 5th October</i>	10:45 - 11:45 am Jasmin's Chair Pilates					
	11:30 am - 12:30 pm Jasmin's Mat Pilates					
	6:15 - 7:15 pm Jasmin's Mat Pilates	7:00 - 8:00 pm Jack Partridge Wednesday Wind Down Yoga	7:00 - 8:00 pm RAD - Rise & Doe Yoga	7:00 - 8:00 pm Floating Sound Bath with Beach Hippie Crystals <i>Fortnightly from 18th September</i>		

TREATMENT ROOM	9:00 am - 2:00 pm Reflexology with Bodhara		9:00 am - 2:00 pm Himalayan Stone Massage & more by The Beauty Rituals Studio			
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POP-UP EVENTS	PILATES THEN FLOATING SOMA BREATHWORK with Jasmin & Georgie Blackman Saturday 19th September • 6:00 - 8:00 pm	<i>Starting 25th September</i> IMMERSIVE DANCE with Luna Heart Healing Fridays, Once Monthly • 7:00 - 8:30 pm	PILATES x RUNNING The complete movement session with Rise & Run Coaching and Jasmin Saturday 10th October • 1:00 - 3:00 pm
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OUR WONDERFUL PRACTITIONERS

📷 @jasmins_pilates
📷 @ree_fitnesswithfiona

📷 @bodharawellness
📷 @beachhippiecrystals
📷 @riseandrun.coaching
📷 @lunahearthealing

📷 @beauty_rituals_studio
📷 @georgie_blackman
📷 @rad.riseanddoe
📷 @jackpartridgeyoga

BROADLANDS PARK & MARINA, MARSH ROAD NR33 9JY • 07830 622988

*Please check with broadlands wellness studio for any schedule changes.
No studio membership required. Please book your class/treatment directly with your practitioner.*