

# BROADLANDS WELLNESS STUDIO by *Jasmin's* PILATES

📷 @jasmins\_pilates    📷 @broadlands\_wellness\_studio

**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.*

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                             | THURSDAY                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                            | SATURDAY | SUNDAY                                                                                                                                                                                                                                                                                                                                                                                |
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| <p>7:30 – 8:30 am<br/><b>Couch to Clarity Yoga, Kirsty Paradot</b><br/><b>Beginners Yoga</b></p> <p>9:30 am<br/><b>Georgie Blackman</b><br/><b>SOMA Breathwork</b><br/><i>Fortnightly</i></p> <p>10:15 – 11:15 am<br/><b>Sound Bath with Sue from Beach Hippie Crystals</b><br/><i>Fortnightly</i></p> <p>6:15 – 7:15 pm<br/><b>Jack Partridge Yoga</b><br/><b>Rise &amp; Flow Vinyasa</b></p> <p>7:45 – 8:45 pm<br/><b>Couch to Clarity Yoga, Kirsty Paradot</b><br/><b>Beginners Yoga</b></p> | <p>9:15 – 10:15 am – Mat<br/>10:45 – 11:15 am – Chair<br/>11:30 am – 12:30 pm – Mat<br/><b>Jasmin's Pilates</b></p> <p>3:00 – 4:00 pm – Chair<br/>4:30 – 5:45 pm – Hatha Yoga<br/><b>Deborah Balance Yoga &amp; Holistic Wellbeing</b><br/><i>from 20th Oct</i></p> <p>1:45 – 2:45 pm<br/><b>Private Event</b></p> <p>6:15 – 7:15 pm<br/><b>Jasmin's Mat Pilates</b></p> <p>7:35 – 8:35 pm<br/><b>Georgie Blackman</b><br/><b>SOMA Breathwork</b><br/><i>Fortnightly from 5th November</i></p> <p>7:30 – 8:30 pm<br/><b>Sound Bath with Sue from Beach Hippie Crystals</b><br/><i>6th &amp; 20th October, then fortnightly from 12th November</i></p> | <p>1:30 – 2:35 pm<br/><b>Private Event</b></p> <p>7:00 – 8:00 pm<br/><b>Jack Partridge Yoga</b><br/><b>Wednesday</b><br/><b>Wind Down + Relax</b></p> | <p>9:00 – 10:00 am<br/><b>Chilli Wellness with Lydia</b><br/><b>Beginners Yoga</b></p> <p>7:00 – 8:00 pm<br/><b>RAD – Rise &amp; Doe Yoga</b><br/><b>with KT</b></p> | <p>9:15 – 10:15 am<br/>10:30 – 11:30 am<br/><b>Friday Fitness Pilates</b><br/><b>with Fiona</b></p> <p>6:00 – 7:30 pm<br/><b>Chilli Wellness with Lydia</b><br/><b>Yin Yoga</b><br/><i>3x Monthly</i></p> <p>7:00 – 8:30 pm<br/><b>Immersive Dance with Luna Heart Healing</b><br/><i>Once Monthly</i></p> <p>7:00 – 8:00 pm<br/><b>Floating Sound Bath with Beach Hippie Crystals</b><br/><i>Fortnightly</i></p> |          | <p>9:30 – 10:30 am<br/><b>Fitness Pilates</b><br/><b>Sunday Sculpt</b><br/><b>with Fiona</b><br/><i>from 1st Nov</i></p> <p>4:00 – 5:30 pm<br/><b>Immersive Dance with Luna Heart Healing</b><br/><i>Once Monthly from 11th Oct</i></p> <p>7:00 – 9:00 pm<br/><b>Couch to Clarity Yoga, Kirsty Paradot</b><br/><b>Extended Yin Yoga</b><br/><i>Once Monthly from 18th October</i></p> |

## TREATMENT ROOM

|  |                                                      |  |                                                                                             |  |  |  |
|--|------------------------------------------------------|--|---------------------------------------------------------------------------------------------|--|--|--|
|  | 9:00 am – 2:00 pm<br><b>Reflexology with Bodhara</b> |  | 9:00 am – 2:00 pm<br><b>Himalayan Stone Massage &amp; more by The Beauty Rituals Studio</b> |  |  |  |
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## POP-UP EVENTS

**CACAO CIRCLES – Saturdays**  
10:30 am - 1:30 pm 28th Nov, 30th Jan, 27th Mar & 29th May  
**MEDITATION CIRCLES – Slow Down Sundays**  
11:30 am - 12:30 pm 13th Dec, 17th Jan, 14th Feb, 21st March  
with The Energy Alchemist

**FLOATING SOMA BREATHWORK**  
with Georgie Blackman  
**Friday 23rd October & Friday 6th November • 7:30 – 8:30 pm**  
**Monday 30th November • 8 – 9 pm**

**PILATES x RUNNING**  
The complete movement session with Michelle, Rise & Run Coaching and Jasmin  
**Saturday 10th October • 1:00 – 3:00 pm**

## OUR WONDERFUL PRACTITIONERS

📷 @jasmins\_pilates

📷 @ree\_fitnesswithfiona

📷 @bodharawellness

📷 @beachhippiecrystals

📷 @riseandrun.coaching

📷 @lunahearthealing

📷 @beauty\_rituals\_studio

📷 @georgie\_blackman

📷 @rad.riseanddoe

📷 @jackpartridgeyoga

📷 @chilli\_wellness

📷 @balanceyoga.holisticwellbeing

📷 @the\_energy\_alchemist