

WHAT'S ON

THE WELLBEING PROGRAMME

TUES
6:30pm

The Gladstone
HAIKU
Yoga

A5 Yoga Studio

-
Unwind, stretch, and flow designed to help you move mindfully and reset for the week

[RSVP HERE](#)

WED
5:30pm

The Gladstone
HAIKU
HIIT

A5 Yoga Studio

-
Sweat, surge, and smash your goals. A dynamic HIIT session designed for all fitness abilities.

[RSVP HERE](#)

WED
6:30pm

The Gladstone
HAIKU
Mat Pilates

A5 Yoga Studio

-
Strengthen, lengthen, and centre yourself. Suitable for all fitness levels.

[RSVP HERE](#)

THUS
6:30am

The Gladstone
HAIKU
Run Club

Meet in Tower B Lobby

-
Get your body moving and start the day strong, a morning run designed for all fitness levels.

[RSVP HERE](#)

SAT
9:00am

The Gladstone
HAIKU
Boxing

A5 Gym

-
A fun, high-intensity session that builds strength, sharpens focus, and boosts fitness

[RSVP HERE](#)
