

“H”

HECKFIELD PLACE ACTIVITIES - 29TH AUGUST - 4TH SEPTEMBER 2022

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------------------------|-----------------------|----------------------------|------------------------------|----------------------------------|-------------------------------|-------------------------------|
| 8 AM | | PILATES (60 MINS) | PILATES (60 MINS) | WOODLAND CIRCUIT (60 MINS) | PILATES (60 MINS) | | FOREST BATHING WALK (90 MINS) |
| 9.30 AM | WALKING MEDITATION (30 MINS) | | WOODLAND CIRCUIT (60 MINS) | PILATES (60 MINS) | FOREST BATHING WALK (90 MINS) | FOREST BATHING WALK (90 MINS) | |
| 11 AM | FOREST BATHING WALK (90 MINS) | MEDITATION (30 MINS) | YOGA (60 MINS) | MEDITATION (30 MINS) | WOODLAND CIRCUIT (60 MINS) | | MEDITATION (30 MINS) |
| 11 AM | WOODLAND WALK (90 MINS) | FARM TOUR (90 MINS) | WILDLIFE TOUR (90 MINS) | MARKET GARDEN TOUR (90 MINS) | ORNAMENTAL GARDEN WALK (90 MINS) | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) |
| 2 PM | | YOGA (60 MINS) | MEDITATION (30 MINS) | | | MEDITATION (60 MINS) | |
| 2.30 PM | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) | ESTATE TOUR (90 MINS) |
| 3 PM | | | | | BIRDWATCHING (60 MINS) | | SCREENING |
| 4 PM | TEA & CAKE | TEA & CAKE | TEA & CAKE | TEA & CAKE | TEA & CAKE | TEA & CAKE | TEA & CAKE |
| 7.15 PM | | SCREENING | | SCREENING | | SCREENING | SCREENING |

| | | | | | | |
|----------------------------|--------------------|---------------|---------------------|------------------------|---------|----------|
| DAILY INCLUSIVE ACTIVITIES | GUIDED NATURE WALK | WILD SWIMMING | HECKFIELD TREE HUNT | BIKES & ELECTRIC BIKES | CROQUET | PETANQUE |
|----------------------------|--------------------|---------------|---------------------|------------------------|---------|----------|

| | | | | | | | | |
|------------------------------------|------------------------------------|---------------------------------------|-------------------------------------|-----------------------------|---|--|---|-------------------------------------|
| ADDITIONAL ACTIVITIES AT HECKFIELD | MOVEMENT CLASSES £25 per person | FOREST BATHING WALK £40 per person | ESTATE ACTIVITIES £15 per person | SCREENING £18 per person | PERSONAL TRAINING PILATES HECKFIELD TRAIL RUN (60 MINS) £100 per session (up to 2) | WILD WATER IMMERSION (60 MINS) FARM FIT (90 MINS) £150 per session (up to 2) | PILATES REFORMER (60 MINS) £100 per session for 1 person | BOATING (45 MINS) £50 per couple |
|------------------------------------|------------------------------------|---------------------------------------|-------------------------------------|-----------------------------|---|--|---|-------------------------------------|

| | | | | |
|--------------------------------------|--------|--------|------|----------------------|
| ADDITIONAL ACTIVITIES OFF THE ESTATE | TENNIS | RIDING | GOLF | CLAY PIGEON SHOOTING |
|--------------------------------------|--------|--------|------|----------------------|

Prices are subject to a 10% discretionary service charge and 24 hour cancellation policy. Please contact The Study to check availability.