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## HECKFIELD PLACE ACTIVITIES - 26<sup>TH</sup> SEPTEMBER - 2<sup>ND</sup> OCTOBER 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	YOGA (60 MINS)	COLD WATER IMMERSION (60 MINS)	PILATES (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)
9.30 AM	MEDITATION (30 MINS)	PILATES (60 MINS)	MEDITATION (30 MINS)	MEDITATION (30 MINS)	WOODLAND CIRCUIT (60 MINS)	COLD WATER IMMERSION (60 MINS)	WOODLAND CIRCUIT (60 MINS)
11 AM						WOODLAND CIRCUIT (60 MINS)	YOGA (60 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)
1 PM						MEDITATION (30 MINS)	
1.30 PM	PILATES (60 MINS)	YOGA (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)	YOGA (60 MINS)		MEDITATION (30 MINS)
2 PM						STRETCHING (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							SCREENING
4 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
7.15 PM		SCREENING		SCREENING		SCREENING	SCREENING

<b>DAILY INCLUSIVE ACTIVITIES</b>	GUIDED NATURE WALK	WILD SWIMMING	HECKFIELD TREE HUNT	BIKES & ELECTRIC BIKES	BADMINTON	CROQUET	PETANQUE
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<b>ADDITIONAL ACTIVITIES AT HECKFIELD</b>	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
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<b>ADDITIONAL ACTIVITIES OFF THE ESTATE</b>	TENNIS	RIDING	GOLF	CLAY PIGEON SHOOTING	PRIVATE YOGA
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Prices are subject to a 10% discretionary service charge and 24 hour cancellation policy. Please contact The Study to check availability.