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## HECKFIELD PLACE ACTIVITIES - 14<sup>TH</sup> NOVEMBER - 18<sup>TH</sup> DECEMBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	YOGA (60 MINS)		MEDITATION (30 MINS)	YOGA (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)	WOODLAND CIRCUIT (60 MINS)
9 AM						HOME FARM PRODUCE SALE 9AM TO 1PM 19 <sup>TH</sup> NOV / 3 <sup>RD</sup> DEC / 17 <sup>TH</sup> DEC	
9.30 AM	COLD WATER IMMERSION (60 MINS)	PILATES (60 MINS)	PILATES (60 MINS)	WOODLAND CIRCUIT (60 MINS)	PILATES (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)
11 AM		WOODLAND CIRCUIT (60 MINS)	YOGA (60 MINS)	MEDITATION (30 MINS)	FOREST BATHING WALK (90 MINS)	COLD WATER IMMERSION (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)
1.30 PM	PILATES (60 MINS)	YOGA (60 MINS)	FOREST BATHING WALK (90 MINS)	PILATES (60 MINS)	STRETCHING (60 MINS)	FOREST BATHING WALK (90 MINS)	COLD WATER IMMERSION (60 MINS)
2 PM	FOREST BATHING WALK (90 MINS)					MEDITATION (30 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					MEDITATION (30 MINS)	STRETCHING (60 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	PETANQUE
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ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £25 per person	FOREST BATHING WALK £40 per person	ESTATE ACTIVITIES £15 per person	FILMS £18 per person LIVE SCREENINGS (theatre, ballet) £25 per person	PERSONAL TRAINING PILATES YOGA HECKFIELD TRAIL RUN (60 MINS) £100 per session (up to 2)	COLD WATER IMMERSION (60 MINS) FARM FIT (90 MINS) £150 per session (up to 2)	PILATES REFORMER (60 MINS) £100 per session for 1 person
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ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	GOLF	CLAY PIGEON SHOOTING
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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.