



HECKFIELD PLACE ACTIVITIES - 8TH - 14TH JANUARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	YOGA (60 MINS)			PILATES (60 MINS)	COLD WATER IMMERSION (60 MINS)	YOGA (60 MINS)	COLD WATER IMMERSION (60 MINS)
9.30 AM		SAUNA MEDICINE (60 MINS)	YOGA (60 MINS)	SAUNA MEDICINE (60 MINS)	SAUNA MEDICINE (60 MINS)	WOODLAND MOVEMENT (60 MINS)	SAUNA MEDICINE (60 MINS)
11 AM			WOODLAND MOVEMENT (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 TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
1.30 PM	HIMALAYAN BREATHWORK (30 MINS)	PILATES (60 MINS)	PILATES (60 MINS)		WOODLAND MOVEMENT (60 MINS)	HIMALAYAN BREATHWORK (30 MINS)	WOODLAND MOVEMENT (60 MINS)
2 PM				HIMALAYAN BREATHWORK (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					BIRDWATCHING (60 MINS)		
3.30 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
4 PM							KILLERS OF THE FLOWER MOON (15)

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	PETANQUE	BADMINTON	CROQUET		
ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £35 per person	ESTATE ACTIVITIES £25 per person	SAUNA MEDICINE £50 per person	SCREENING £25 per person	PERSONAL TRAINING PILATES YOGA HECKFIELD TRAIL RUN GUIDED BIKE RIDE (60 MINS) £110 per session (up to 2)	COLD WATER IMMERSION (60 MINS) £150 per session (up to 2)	PILATES REFORMER (60 MINS) £110 per session for 1 person
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	CLAY PIGEON SHOOTING				

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