

ALUNA

at THE WYLDWOODS

WELLBEING WEEK TIMETABLE

Day	Date	Time	Event / Activity	Location
Tues	16th June	9am - 6pm	Public Taster Tuesday Session Join us for a relaxed introduction to Aluna and experience our state-of-the-art EGYM equipment. Guests will have the opportunity to explore the space, try small taster sessions and meet the team in a welcoming environment designed around wellbeing and movement.	ALUNA Fitness studio
Wed	17th June	2pm - 6pm	Public Taster Wednesday Session A second opportunity to discover everything Aluna has to offer. Try the innovative EGYM equipment, enjoy informal taster classes and learn more about how Aluna supports strength, mobility and overall wellbeing in a calm and supportive setting.	ALUNA Fitness studio
Wed	24th June	1pm - 4pm	Aluna Opening Day – Wellbeing Week Celebrate the official opening of Aluna at The Wyldewoods with an afternoon dedicated to health, wellbeing and community. Meet Jordan from EGYM for expert insight into the equipment, chat with Urska, our fitness coach, and take part in small taster sessions throughout the event. Guests can also enjoy healthy food tasters, mini smoothies and refreshments while exploring the new wellness space.	ALUNA Fitness studio

To book a space on any of the above please email:
aluna.thewyldewoods@rvg.co.uk