eMed



Clothes Swap Shop

11am-7pm **Jubilee Place**

Verte will be hosting a swap-shop for pre-loved fashion with the sole purpose of reducing the impact our wardrobes have on the planet. So bring down your clothes that you would like to swap for free!



Health & Wellness Pop-up with eMED

11am-7pm Jubilee Place

eMed's Private GP Clinic is hosting their very own Health & Wellbeing stand at Wharf Wellness.

Will you be nearby during the four days? There are two incredible offers for everyone who comes to see them in person.



Jo Malone London's Luxurious Hand & Arm Massage

Cabot Place

Indulge in a moment of relaxation with Jo Malone London's luxurious hand and arm massage. Discover their signature scents and Scent Pairing philosophy as you treat yourself to a pampering experience.



In Good Hands with Aesop Daily

Cabot Place

Come and enjoy a personal hand care consultation in the sensorial calm of Aesop. During the session, you will receive recommendations tailored to your skin's specific needs, and be able to sample Aesop's timeless hand washes and balms.



& Arm Massage Daily **Cabot Place**

Malin+Goetz Hand

Visit MALIN+GOETZ to explore the eucalyptus collection. Take a moment to enjoy their complimentary hand and arm



Water Island Spa **Experience x Rituals**

Daily **Cabot Place**

Select your favourite Ritual at their Water Island station in-store and receive a hand & arm cleanse, followed by a relaxing hand massage.



HIIT BX Class

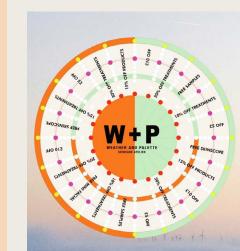
7:30am-8:5am In2Sports 40 Harbord Square

45-minute high-intensity workout that combines boxing and strength training to help you become a total boss. With energizing music and dimmed lights, you'll be ready to take on the challenge.



8:15am-9am In2Sports 40 Harbord Square

A dynamic session designed to maximize your workout effectiveness in minimum time. You'll experience intense full-body workouts with brief intervals for



Weather+Palette Pop-up

11am-7pm Canada Place outside Waitrose

Weather and Palette will be hosting an exciting spin the wheel pop-up in Canada Place where you can win a customised facial treatment with them. Other Prizes will include Skinscope with bespoke rehydration, Dr. Barbara Sturm, Skinceuticals, Valmont skincare samples, 30% off Facial treatments and many more.



mallow Dessert Workshop

12pm-1pm mallow 12 Park Drive

Join the mallow pastry team for an interactive workshop where you'll learn the secrets to creating delicious plant-based protein energy balls and sugar-free brownie bites.



Barry's class on the Wharf

6pm-7pm **Montgomery Square**

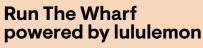
Barry's wants you to experience the most fun you've ever had working out! Join them for an exclusive and one of a kind outdoor class at Montgomery Square.



Pop-up

11am-7:30pm Canada Place outside Waitrose

Weather and Palette will be hosting an exciting spin the wheel pop-up in Canada Place where you can win a customised facial treatment with them. Other Prizes will include Skinscope with bespoke rehydration, Dr. Barbara Sturm, Skinceuticals, Valmont skincare samples, 30% off Facial treatments and many more.



7:45am-9am lululemon Canada Place

Join Iululemon for a 5K run through Canary Wharf and experience the beautiful outdoor spaces it has to offer. There will be 3 pacing groups - everyone is welcome!



EVENTS

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Padium Taster Session

8am-9am Padium **Bank Street Park**

Join the Padium taster class to learn all the basic rules of playing Padel. They will teach you the key techniques and tactics so that you will be ready to start playing your own matches!



Malin+Goetz **Skincare Sessions**

12pm-1pm Malin+Goetz **Cabot Place**

Drop into the MALIN+GOETZ store to explore the eucalyptus collection, and take a moment to enjoy their complimentary experience during Wharf Wellness.



Panel Talk: Is there such a thing as sustainable fashion?

6pm-7pm **Canary Wharf**

Join us for an evening of discussion around the circularity of fashion with some of the industry's leading experts.



Stretch Pop-up

11am-5pm Canada Place outside Waitrose

Stretch will be hosting a pop-up outside Waitrose where you can try a complimentary stretch with one of their team!



Third Space Yoga Class

7:30am - 81:5am Crossrail Roof Garden

Join Third Space for an energising Vinyasa yoga class.



Padium Taster Session

12pm-1pm **Padium Bank Street Park**

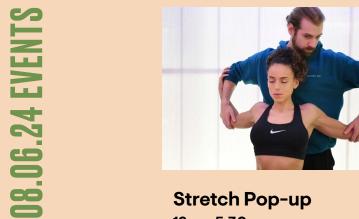
Join the Padium taster class to learn all the basic rules of playing Padel. They will teach you the key techniques and tactics so that you will be ready to start playing your own matches!



Bobbi Brown 'Summer Glow' Make-up Masterclass 6pm-7pm

Crossrail Roof Garden

Bobbi Brown invites you to a by their Pro Artist Aimee Morrison! Aimee's favourite make up is something that you can create in five minutes and on the go!



Stretch Pop-up

12pm-5:30pm Canada Place outside Waitrose

Stretch will be hosting a pop-up outside Waitrose where you can try a complimentary stretch with one of their team!

Kids Colouring Workshop

10am-1pm **Crossrail Roof Garden**

Join Samme snow for a family friendly colouring workshop where children of all ages can get creative and let out their inner artist!

Suitable for children of all ages.

Experience the Barry's Red Room!

12:30pm-1:20pm Barry's Studio **Crossrail Place**

Barry's, wants you to experience the most fun you've ever had working out! Join them for an exclusive RED ROOM class at Barry's Canary Wharf.

Mindful Colouring Workshop

1:30pm-4pm **Crossrail Roof Garden**

Finding balance through drawing and colouring - join illustrator Samme Snow for a creative session to take your mind off life's stressful moments. Suitable for 16+.

Experience the Barry's Red Room!

1:45pm-2:35pm **Barry's Studio Crossrail Place**

Barry's, wants you to experience the most fun you've ever had working out! Join them for an exclusive RED ROOM class at Barry's Canary Wharf.

Third Space Yoga Class

10am - 10:45am **Crossrail Roof Garden**

Join Third Space for an energising Vinyasa yoga class.

