

WHARF WELLNESS

MON 2 – THURS 26 JUNE



Feels Like Zero Mocktail Terrace
Mon 2 – Thurs 26 June
Daily, 12 – 9pm
15 Water Street, Wood Wharf



Pilates for 7 Days
Mon 2 – Sun 8 June
Daily, times vary
Freedom Clinics, Canada Place



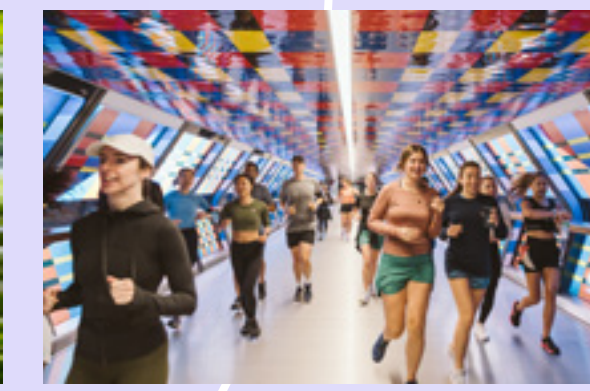
Arc Community Workshop: Peak State
Mon 2 June
6.45 – 7.30pm
Arc Community, Crossrail Place Level -2



Padium: Big Club Social
Tues 3 June
7 – 8.30pm
Padium, Bank Street Park



Alfresco Arts: Music
Wed 4 June
12.30 – 2pm
Jubilee Park



lululemon Run Club
Thurs 5 June
7.45 – 8.45am
Eden Dock



lululemon Yoga Class
Sat 7 June
10 – 11am
Harbour Quay Gardens, Wood Wharf



Lunchtime Reset
Mon 9 – Sun 15 June
Daily, 1 – 1.45pm
Freedom Clinics, Canada Place



Intro to Padel
Tues 10 June
11am – 12.30pm
Padium, Bank Street Park



Arc Community Workshop: Sleep Optimisation
Tues 10 June
6.45 – 7.30pm
Arc Community, Crossrail Place Level -2



Pilates with Third Space
Wed 11 June
7.30 – 8.30am
Eden Dock



HIIT class with Third Space
Thurs 12 June
6 – 7pm
Union Square, Wood Wharf



Padium: Big Club Social
Sat 14 June
12 – 1.30pm
Padium, Bank Street Park



United We Barry's Charity Class
Sat 14 June
3 – 4pm
Barry's, Crossrail Place Level -2



Pilates, Performance, & a Perfect Sip
Mon 16 – Fri 20 June
Daily, times vary
Freedom Clinics, Canada Place



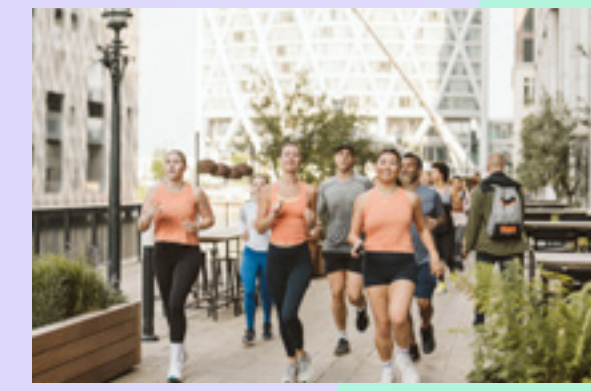
Pilates with Third Space
Wed 18 June
7.30 – 8.30am
Eden Dock



Intro to Padel
Tues 17 June
11am – 12.30pm
Padium, Bank Street Park



Alfresco Arts: Music
Wed 18 June
12.30 – 2pm
Eden Dock



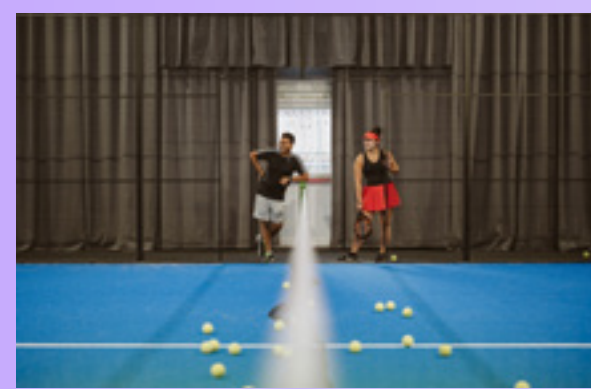
lululemon Run Club
Thurs 19 June
7.45 – 8.45am
Eden Dock



United We Barry's Charity Class
Sun 22 June
3 – 4pm
Barry's, Crossrail Place Level -2



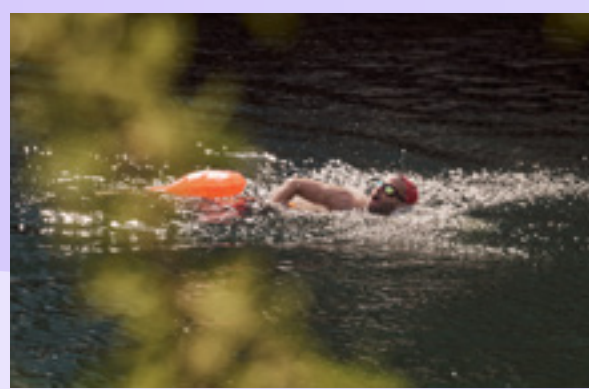
Arc Community Workshop: Hormonal Optimisation
Tues 24 June
6.45 – 7.30pm
Arc Community, Crossrail Place Level -2



Padium: Big Club Social
Tues 24 June
7 – 8.30pm
Padium, Bank Street Park



Intro to Padel
Thurs 26 June
11am – 12.30pm
Padium, Bank Street Park



Open Water Swimming
Ongoing from Thurs 5 June
Daily, times vary
Eden Dock



Short Story Stations
Ongoing
Daily
Crossrail Place Roof Garden & Jubilee Place Level -2



Pride In Wellness
Thurs 26 – Sun 29 June
Daily, times vary
Throughout Canary Wharf

Experience a full month of wellbeing events and feel-good experiences created in partnership with our featured brands

 [CLICK HERE TO DOWNLOAD THE CANARY WHARF APP FOR EXCLUSIVE OFFERS AND TO BOOK TICKETS](#)

