

Scarlet

CORE WORKOUT

Strengthen the entire midsection with a focused session designed to build a healthy, resilient core. Expect improved posture, balance, and breathing, while reducing the risk of injury and addressing muscular imbalances

BODYWEIGHT CIRCUITS

A fun, dynamic class using only your bodyweight — no equipment needed. Suitable for all fitness levels, this session boosts strength, endurance, and flexibility through varied, functional movements.

MINDFUL MOVEMENT & BREATHWORK

Step away from the noise of daily life with a grounding session that blends gentle movement and conscious breathing. Designed to calm the nervous system, quiet the mind, and bring you into the present moment.

Breathe light. Breathe slow. Breathe deep.

TAI CHI

A flowing sequence of gentle movements paired with deep, mindful breathing. This meditative practice supports balance, relaxation, and overall wellbeing

VINYASA FLOW YOGA

Awaken the body and mind through an energising sequence of breath-led movement. Expect fluid transitions, grounded awareness, and layers of mantra, mudra, and myth for a deeply connected experience.

YIN YOGA

A slow-paced, introspective practice inviting you to linger in each pose. Perfect for releasing tension, nurturing stillness, and reconnecting with your breath and inner calm.

PILATES

A full-body class focused on strengthening, alignment, and control. Expect improved flexibility, core stability, and muscular tone — while also supporting balance, coordination, and injury recovery.

FUNCTIONAL BREATHING

Did you know that up to 80% of adults experience some form of dysfunctional breathing?

In this session, we'll explore the key differences between functional and dysfunctional breathing and what that means for your overall wellbeing. You'll be guided through simple breathing assessments to understand your current patterns, followed by practical exercises designed to enhance the way you breathe — whether you're looking to improve sleep, reduce anxiety, or boost mental and physical performance.