



CLOUD  
TWELVE

Notting Hill

# WELCOME TO CLOUD TWELVE

## ADULT FITNESS CLASSES

As part of our commitment to holistic well-being, we recognise the importance of integrating movement and exercise into our daily lives. We're excited to launch two new complimentary classes tailored to your needs:  
Yoga & Cardio Charge



### FITNESS CLASSES

#### YOGA

Join us for revitalising yoga sessions that will help you enhance flexibility, balance, and inner peace. Discover the transformative benefits of this age-old practice, including improved strength, mental clarity, and relaxation.

TUESDAY | 4pm

#### Cardio Charge

Experience an adrenaline-pumping workout with our expertly-led Cardio Charge sessions. Combining high-intensity exercises, endurance training, and upbeat music, these energetic classes will keep your heart rate up and your motivation soaring.

FRIDAY | 3.30pm