



HEALTHY *Hedonism*

Brought to you by
The London Essence Company



Book your place

www.theallegorybar.co.uk

Hosted at

THE ———
ALLEGORY

Brought to you by

— THE —
**LONDON
ESSENCE**
— Co. —

1A Principal Place, Worship Street
London EC2A 7DX

   theallegorybar

Join us this spring / summer from **May 1- July 31** and enjoy some healthy hedonism. Turn your face to the sun and experience a range of **mindfulness and wellness sessions** guaranteed to lift your spirits or simply sit back, relax and enjoy some of our gorgeous light and low cocktails.

Classes

FitBEAT

May 1st 6pm - 7pm (Opens 5.30pm)

At Your Beat dance studio present a calorie-burning endorphin rush to increase your general fitness levels and stamina! Colourful lights and pumping tunes.

Train Body Brain

May 15th 6pm - 7.30pm (Opens 5.30pm)

The Train Body Brain™ method builds resilience mentally, physically and emotionally. Each class arms you with tools for living your life with ease, putting you firmly in charge of your well-being.

DOGA

May 18th 10am - 12pm (Opens 9.30am)

Doga with Mahny is a human yoga practice that helps support the natural bond we have with our dog. As seen on TV. ALL DOGS MUST BE SOCIAL, NEUTERED, VACCINATED AND INSURED.

Yoga

June 12th & July 10th 6pm - 7.05pm (Opens 5.30pm)

Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

GLOW Organic Make up class

July 2nd 6pm - 7.30pm (Opens 5.30pm)

GLOW ORGANIC was born through the love and passion for supporting women to making the switch to living a healthier and more sustainable lifestyle. We aim to encourage women to embrace their natural beauty and feel confident in their own skin.

Boxercise

May 10th 7.30am - 8.35am (Opens 7am)

Classes involve a variety of moves and techniques, such as shadow-boxing, skipping, hitting pads, kicking punchbags, pressups, shuttle-runs and sit-ups. It is a safe, fun and challenging way to get a good, all-over workout.

Zero Proof Master Classes

May 14th, June 5th & July 17th 6pm - 7pm

London Essence presents drinking differently create tasty and interesting Zeroproof drinks alongside their team.

Bootcamp

May 30th & June 27th 7.30am - 8.35am (Opens 7am)

With Simon Todd, boot camp is a group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

Zumba

June 19th 6pm - 7pm (Opens 5.30pm)

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Classes cost **£10 each** and each guest will receive a specially created **yoga mat and scented candle** containing the delicate and exquisite essence of **fine fruits and botanicals**.