

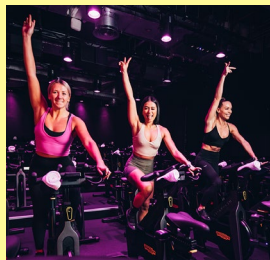
WELL-NESS WEEK

*Free & open to the public. Bookings should be made directly through the fitness studios

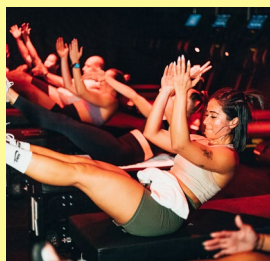
09 – 15.06.2025

icdbrookfieldplace PROGRAMME >>>

WED 11.06.2025



Ride
1Rebel, Ground Floor
8:30–9:15 AM
Expertly curated playlists, nightclub style lighting, and state of the art sound systems come together to create the ultimate Ride of your life.



Reshape
1Rebel, Ground Floor
4:15–5:00 PM
Reshape brings quick fire rounds of high-powered treadmill work, combined with dynamic weight sequences on the infamous 1Rebel dumbbell box.



Counting Your Macros
Embod Fitness, Level 3
12:00–1:00 PM
Join us for a practical and empowering session on smart nutrition. Learn how to understand food labels, portion sizes, and meal timing, while building everyday habits that support energy, recovery, and performance.

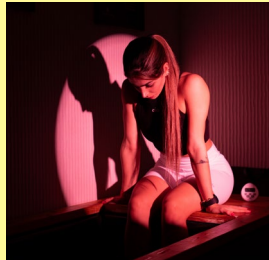


Micro/TRX
Reform Athletica, Level 2
12:30–1:20 PM
Combining the power of the Micro and TRX, expect a dynamic, full body workout. This unique class blends strength, stability and control, delivering a challenging and effecting session that targets every muscle group

ALL WEEK



FREE Pamper Sessions
Summer Garden, Level 1
10:00 AM–2:00 PM
Join us for an exclusive pop-up experience at SG featuring personalised hair consultations, relaxing hand and arm massages. Each session is designed to last 10 minutes, offering a quick yet premium self-care moment.



Ice Baths
Embod Fitness, Level 3
6:00 AM–7:00 PM | Weekdays
Feel both empowered and calm as you master stress and take control of your body through guided ice bath experience with a certified instructor.

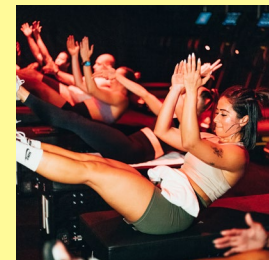


ICDBP x Picklers
The Space, Level 1
11:00 AM–2:00 PM, 5:00–9:00 PM | Weekdays
9:00 AM–4:00 PM (Sat & Sun)
Be part of an immersive pickleball pop-up with Picklers, in collaboration with ICD Brookfield Place Wellness Week. Play, connect, and move.

THU 12.06.2025



Ride
1Rebel, Ground Floor
7:30–8:15 PM
Expertly curated playlists, nightclub style lighting, and state of the art sound systems come together to create the ultimate Ride of your life.



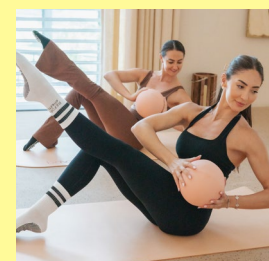
Reshape
1Rebel, Ground Floor
4:15–5:00 PM
Reshape brings quick fire rounds of high-powered treadmill work, combined with dynamic weight sequences on the infamous 1Rebel dumbbell box.



Counting Your Macros
Embod Fitness, Level 3
11:00 AM–12:00 PM
Join us for a practical and empowering session on smart nutrition. Learn how to understand food labels, portion sizes, and meal timing, while building everyday habits that support energy, recovery, and performance.

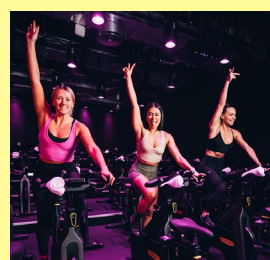


Striking The Right Digital Balance
With Dr Marie
Join Kai-ros and Dr. Marie Thompson, Clinical Psychologist, for a chat on the ways screens are impacting us all – especially our children.

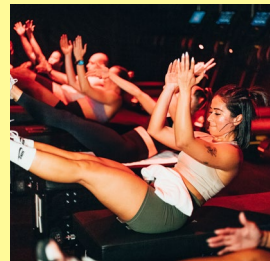


Sculpt & Burn
Reform Athletica, Level 2
12:30–1:20 PM
This is a dynamic, low-impact class blending Barre, Pilates, and Yoga to build strength and tone in 50 minutes.

TUE 10.06.2025



Ride
1Rebel, Ground Floor
6:30–7:15 | 7:30–8:15 AM
Expertly curated playlists, nightclub style lighting, and state of the art sound systems come together to create the ultimate Ride of your life.



Reshape
1Rebel, Ground Floor
4:15–5:00 PM
Reshape brings quick fire rounds of high-powered treadmill work, combined with dynamic weight sequences on the infamous 1Rebel dumbbell box.

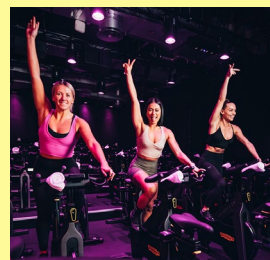


Fitness Talk w/ Joshua Niche, Ground Floor
11:00 AM–12:00 PM
The Wellness Gameplan for Corporates: a session for high-performers who want to stay in shape without sacrificing career, travel, or social life. Hosted by Joshua Oguntase, founder of FitnessVWork. Plus, enjoy a Free smoothie on us

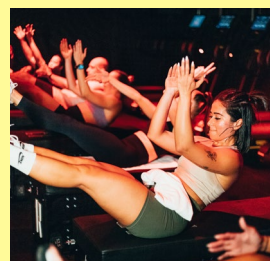


Microform – ladies only
Reform Athletica, Level 2
12:30–1:20 PM
Microformer classes offer a ~45minute full-body workout using the Lagree Microformer, free weights, kettlebells, cardio bursts, and mat work. Suitable for all fitness levels, it delivers high-intensity results while being gentle on the joints.

FRI 13.06.2025



Ride
1Rebel, Ground Floor
7:30–8:15 AM
Expertly curated playlists, nightclub style lighting, and state of the art sound systems come together to create the ultimate Ride of your life.



Reshape
1Rebel, Ground Floor
4:15–5:00 PM
Reshape brings quick fire rounds of high-powered treadmill work, combined with dynamic weight sequences on the infamous 1Rebel dumbbell box.



Deep Stretch
Reform Athletica, Level 2
2:30–3:20 PM
Designed to help you release tension and improve flexibility, this class focuses on slow, deliberate stretches. It targets the deeper layers of your muscles, fascia, and connective tissues, ideal for those looking to enhance their flexibility & relieve stress.



Islamic Meditation
Niche, Ground Floor
12:00–1:00 PM
An islamic meditation app that helps Muslims feel better. Discover calm, clarity, and a deeper connection to Allah through neuroscience-backed meditations, delivered straight to your headphones.

SAT 14.06.2025



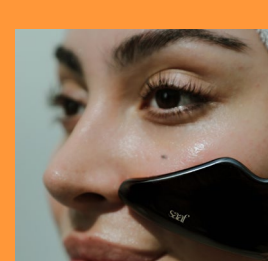
Sound Bath
Reform Athletica, Level 2
8:00–8:45 AM
Sound healing uses vibrations from instruments like singing bowls and gongs to promote relaxation, reduce stress, and restore balance in the body, mind, and spirit.



Ice Bath
Embod Fitness, Level 3
9:00–10:00 AM | 10:00–11:00 AM | 12:00–1:00 PM
Feel both empowered and calm as you master stress and take control of your body through guided ice bath experience with a certified instructor.



Microform
Reform Athletica, Level 2
9:00–9:50 AM | 10:00–10:50 AM | 11:00–11:50 AM
Microformer classes offer a 45-minute full-body workout using the Lagree Microformer, free weights, kettlebells, cardio bursts, and mat work. Suitable for all fitness levels, it delivers high-intensity results while being gentle on the joints.



Face Gym by SAAF Skincare
Summer Garden, Level 1
10:00–11:00 AM
Learn Gua Sha techniques with SAAF's Cryosculptor for natural sculpting, lifting, and radiant, rejuvenated skin.



Afrobeats w/ Joyce Amil
The Space, Level 1
10:00–10:45 AM (kids)
Get ready to move, sweat, and vibe! Join Afro Fusion choreographer Joyce for a beginner-friendly dance workout mixing Afro and Hip-Hop rhythms. No experience needed, just bring your energy and have fun!



9D Breathework
The Space, Level 1
11:00 AM–12:00 PM
9D Breathwork is a transformative, multi-dimensional experience combining breath, sound, and guidance to unlock deep emotional release and inner healing.



Sports Massage
Summer Garden, Level 1
8:00 AM–2:00 PM (all day)
On-site sports therapy offers 10–15 min sessions to ease tension, improve circulation, and aid recovery. Workshops cover stretching, posture, mobility, and injury prevention. Guests can also learn self-massage using foam rollers and massage balls.



BMI Assessments
Embod Fitness, Level 3
12:00–2:00 PM
Personalised Body Mass Index checks with experts, & receive tailored recommendations for a balanced, healthier lifestyle.



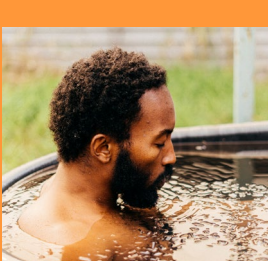
Mindfulness Painting
Summer Garden, Level 1
10:00–11:00 AM
Join us for a calming painting session focused on turning negative thoughts into positives, with tips for managing stress and anxiety.



The Ripe Market: Local Wellness Brands
The Ripe Market, Level 1
8:00 AM–2:00 PM (all day)
Shop your favorite local wellness brands at The Ripe Market, featuring clean beauty, natural remedies, and handcrafted self-care essentials.



Y12 Braid Bar
Summer Garden, Level 1
8:00 AM–2:00 PM
Get styled at a free braid bar by Y12! Quick, chic braids – first come, first served. Walk in and glow out!



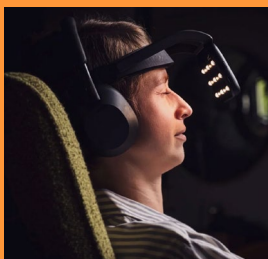
Finding Comfort in The Uncomfortable
Summer Garden, Level 1
8:00 AM–2:00 PM
A transformative experience by Dubai-based wellness brand Endorphins, using guided practices to promote resilience, balance, and nervous system reset.



Spinning Challenge
Summer Garden, Level 1
8:00 AM–2:00 PM
Test your endurance at the spin challenge by Gym Fit Out! Ride to win, track your stats, and compete for exciting wellness prizes.

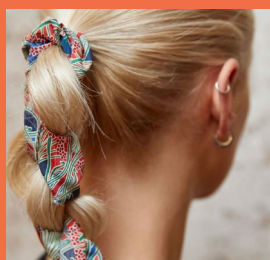


Afrobeats w/ Joyce Amil
The Space, Level 1
12:15–1:00 PM (adults)
Get ready to move, sweat, and vibe! Join Afro Fusion choreographer Joyce for a beginner-friendly dance workout mixing Afro and Hip-Hop rhythms. No experience needed, just bring your energy and have fun!



Tech-Enhanced Recovery by Restore Fitness
Summer Garden, Level 1
8:00 AM–2:00 PM
Experience top wellness technologies, from circulation-boosting Compression Boots to calming Red Light Therapy and the mind-enhancing NeuroVizr. Recover better. Move smarter. Feel like never before.

SUN 15.06.2025



Y12 Braid Bar
Summer Garden, Level 1
9:00–11:00 AM
Get styled at a free braid bar by Y12! Quick, chic braids – first come, first served. Walk in & glow out!



Mindfulness Painting
Summer Garden, Level 1
10:00–11:00 AM
Join us for a calming painting session focused on turning negative thoughts into positives, with tips for managing stress and anxiety.



FRED'S COFFEE PARTY
Summer Garden, Level 1
11:00 AM–2:00 PM

Renowned Fred's Coffee Party make it's ICDBP debut at the Summer Garden. Expect energetic beats, dancing and sipping on brews. Don't miss it! Message @fredscoffeeparty on instagram to join!

*For Saturday & Sunday bookings, click here