

Lunar Lodge Sauna – Women 50+ Session

Community Sauna Hackney

Hackney Circle members have been invited for a hour of unwinding, recharging, and soothing benefits at Hackney Community Sauna.

About This Event

Join us for a complimentary one-hour sauna session lovingly designed for women aged 50 and over. Step into a calming space to unwind, recharge, and enjoy the soothing benefits of sauna in a supportive and welcoming environment.

What to bring:

 Two towels

 Swimwear

(If you don't have these, please contact Matilda – we'll provide them for you.)

Important: Booking is required. You can book by visiting
<https://legitfit.com/p/event/68779c833fbea8c877c638bd>

Accessibility Information



Event Time

Thu,
14th Aug
2025

11:00am - 12:00pm



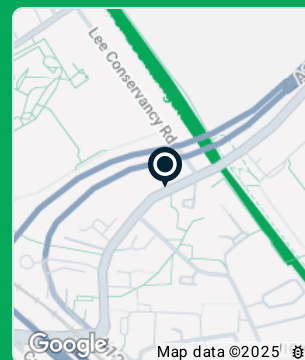
Event Price

Free



Event Location

Hackney Wick
Community Sauna
80 Eastway, The
Bathhouse
E9 5JH



IMPORTANT: This is a women's only session. For accessibility information,
please contact matilda@community-sauna.co.uk

