

EDITION®

FITNESS & WELLNESS

Personal Training

Arrange a private Personal Training session in our gym or in the comfort of your room or suite. Please contact our Concierge team in the lobby, or press 'Concierge' on your in-room telephone.

Running

Discover London by foot with our curated running routes and running maps, available in a variety of distances. Please contact our Concierge team in the lobby, or press 'Concierge' on your in-room telephone.

Massage

Unwind with an in-room massage or allow our Concierge team to recommend nearby wellness and massage specialists. Please contact Concierge in the lobby, or press 'Concierge' on your in-room telephone.

7 Breaths Meditation

Reset, relax and restore at 7 Breaths Meditation, a calm sanctuary dedicated to mindfulness, meditation and movement.

Address: 4 Rathbone Square, London W1T 1EB

(approx. 5 minutes walk)

To book, please visit 7breathsmeditation.com

FLOW

A boutique wellness studio offering yoga, Reformer Pilates, barre and strength classes in a calming, design-led environment. Combining expert instruction with mindful movement, FLOW is designed to help guests build strength, improve flexibility and leave feeling restored and re-energised.

Address: 11 Tottenham Street, London W1T 2AG

(approx. 5-minute walk)

To book, please visit flowldn.co.uk

Psytle

Psytle is a boutique fitness studio offering immersive classes across cycling, strength, barre, yoga and reformer Pilates. Combining expert instructors with carefully curated playlists and a vibrant community, Psytle delivers an energising experience designed to strengthen both body and mind.

Address: 76 Mortimer Street, London W1W 7SA

(approx. 5 minutes walk)

To book, please visit psytlelondon.com

StretchLab

StretchLab offers one-to-one assisted stretching sessions led by trained Flexologists. Designed to improve flexibility, mobility, posture and recovery, it helps guests move more freely, reduce muscle tension and support long-term wellbeing.

Address: 18 Wells Street, London W1T 3PG

(approx. 6 minutes walk)

To book, please visit stretch-lab.co.uk

SoulCycle

A high-energy, music-driven indoor cycling experience combining fitness, motivation and community. More than just a workout, SoulCycle leaves riders feeling stronger, energised and inspired.

Address: 3-4 Great Marlborough Street, London W1F 7HQ

(approx. 8 minutes walk)

To book, please visit soul-cycle.com/studios/uk-london

Barry's

Barry's combines treadmill intervals and strength training in an energising, nightclub-like atmosphere. Renowned for delivering results, it offers a motivating and empowering fitness experience.

Address: 59 Kingly Street, London W1B 5QL

(approx. 8 minutes walk)

To book, please visit barrys.com/studio/london-soho

