



Our Physiotherapy Amenities

Welcome to The 1150 Club, a calm and private sanctuary where each area has been thoughtfully designed with accessibility, privacy and therapeutic flow in mind, so whether you are building strength, restoring movement or simply regaining confidence, you can do so in the most supportive and effective setting.

Our Specialist Spaces Include

- Strength & Conditioning zones tailored for progressive training
- State-of-the art gym
- Private Studios for personalised rehabilitation and group classes
- Hydrotherapy Treadmill for the ultimate weightless therapy

Our prices

From £950 per night

Physiotherapy:

- Inpatient Physio and Hydrotherapy:
 - £90 (30 minutes)
 - £135 (45 minutes)
 - £180 (60 minutes)
- Outpatient Physio and Hydrotherapy:
 - £100 (30 minutes)
 - £150 (45 minutes)
 - £200 (60 minutes)
- Physio-Led Pilates and Rehab*:
 - £135 (60 minutes)

*For Members who have completed a full plan of care and wish to focus on wellbeing



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