



Relax, Recharge & Connect Spa Day Experience

\$435

Take a well-deserved break and join us for a day of relaxation and meaningful connections! Start your experience with a glass of chilled champagne in our elegant Club Room, the perfect setting to mix and mingle with fellow guests in a relaxed, social atmosphere. Then, unwind with your choice of a luxurious 60-minute massage or rejuvenating facial—tailored to melt away tension and leave you glowing inside and out. Whether you're here to pamper yourself, meet inspiring professionals, or simply escape for a few hours of bliss, this spa day promises the perfect balance of indulgence and connection.

Monday, May 4 | 11:00 am–1:00 pm

Flow & Connect: Yoga

\$75

Find your balance: on the mat and in your network! Join us for a rejuvenating Yoga & Networking session designed to help you stretch, breathe, and build meaningful connections. We'll begin the day with a mindful yoga flow led by an inspiring instructor, guiding you through gentle poses and grounding breathwork to refresh both body and mind. Whether you're a seasoned yogi or just starting your journey, this event promises calm energy, community spirit, and authentic connections.

Monday, May 4 | 8:00 am–9:00 am

Roll, Sip & Connect: Sushi Masterclass at Kaia

\$290

Get ready to roll, literally! Join us at Kaia for a vibrant Sushi Masterclass that blends creativity, flavor, and fun networking vibes. We'll start with a glass of champagne or a refreshing cocktail to toast the day, then dive into the art of sushi rolling. Don't worry if you're a beginner, it's all about having fun and learning new skills side by side. After the class, gather around sharing platters and enjoy your creations paired with $\frac{1}{2}$ bottle of wine, great conversation, and even better company.

Tuesday, May 5 | 9:30 am–11:30 am

Spin, Sweat & Socialize!

\$50

Get ready to clip in, crank up the energy, and connect! Join us for a high-energy Spinning + Networking experience that gets your heart pumping and your network growing.

Our instructor will lead you through an upbeat, music-driven ride that's all about fun, motivation, and community vibes: no competition, just good energy and great people.

Monday, May 4 | 8:00 am–9:00 am

Knead to Network: A Pizza-Making Masterclass

\$280

Roll up your sleeves and get ready for a deliciously fun experience that's all about good food, great company, and a little culinary creativity!

We'll kick things off with an early start and a glass of champagne or a signature cocktail to spark your appetite and conversation. Then, step into our hands-on Pizza Masterclass, where you'll craft your own perfect pie from scratch, complete with fresh toppings and vibrant seasonal salads on the side.

After class, sit down to a well-earned lunch at 11:30am, paired with $\frac{1}{2}$ bottle of wine and plenty of time to mingle, laugh, and connect with fellow food lovers.

Whether you're a dough-tossing pro or a first-time pizzaiolo, this event serves up flavor, fun, and fantastic networking in every slice.

Monday, May 4 | 9:30 am–11:30 am

Shaken, Stirred & Social: Martini Masterclass at The Library Bar

\$215

Step into the elegant Library Bar for an evening of mixology, mingling, and martinis!

Kick things off with a perfectly crafted arrival martini, then roll up your sleeves and learn the secrets behind the classics as you mix your own signature creation with guidance from our expert bartenders. Wrap up the experience with a final martini to sip and savor, because one is never enough when the vibes are this good.

Throughout the session, enjoy delicious sharing pizettes: the ideal pairing for cocktails and conversation.

Whether you're a martini purist or just here for the fun, this hands-on class promises a blend of style, laughter, and smooth networking in one unforgettable evening.

Tuesday, May 5 | 5:00 pm–7:00 pm



Afternoon Tea in Millies with Chef Demo

\$145

Indulge in a delightful afternoon of bubbles, bites, and behind-the-scenes fun at Millie's, where elegance meets indulgence.

The highlight of the day? A live Chef demonstration, where you'll discover the secrets behind Millie's signature treats and get inspired by the artistry of fine patisserie. Afterwards, enjoy an exclusive meet & greet with the Chef, the perfect chance to ask questions, swap foodie tips, and snap a photo or two!

Tuesday, May 5 | 3:00 pm–5:00 pm

Churchill's London: Behind the Glass & Beyond

\$240

Step back in time with exclusive access to the Churchill War Rooms, the secret underground headquarters where Sir Winston Churchill and his Cabinet directed Britain through WWII.

Go behind the glass to see Churchill's chair markings and rationed sugar lumps left untouched since 1945, then continue above ground to explore the iconic landmarks and speech sites that shaped his remarkable legacy.

A powerful journey through history: where leadership, resilience, and inspiration come to life. Transportation included.

Tuesday, May 5 | 12:00 pm–1:00 pm

Mini Adventures: London in Classic Style

\$365

Hop into a restored vintage Mini Cooper for a bespoke guided drive through London's most iconic sights. With the roof down and a local guide at the wheel, you'll soak up the city's vibrant mix of history, fashion, street art, and culture: all from Britain's most beloved car.

After your 1.5-hour spin, continue the adventure with a guided Southbank walk, sharing stories, laughs, and local secrets: the perfect chance to connect and network with fellow explorers.

Drive. Discover. Connect. The London way. Transportation included.

Saturday, May 2 | 2:00 pm–4:00 pm

From Waves to Views: The Ultimate London Thrill & Chill

\$224

Buckle up for a 50-minute high-speed boat ride along the Thames: an unforgettable, adrenaline-fueled way to take in London's most iconic sights at up to 30 knots!

Then, slow things down and elevate your connections with a private London Eye experience, soaring 135 metres above the city for breathtaking, 360° views, the perfect backdrop for conversation and networking with fellow guests.

Thrills, views & vibrant connections: all in one unforgettable day. Transportation is included.

Tuesday, May 5 | 10:00 am–12:00 pm

Pedals & Pints: A Vintage Cycling Tour of London

\$240

Hop on a classic Pashley bike, each named after a British icon, and explore London's most famous landmarks in true vintage style. Cruise along quiet lanes and scenic routes, passing Big Ben, Westminster Abbey, and Buckingham Palace before relaxing in the greenery of St James's Park.

Wrap up your ride with a look at London's vibrant urban art scene and a well-earned pint at a traditional British pub, the perfect chance to swap stories and network with fellow riders.

Sightsee, cycle & connect: the London way. Transportation included.

Friday, May 1 | 2:00 pm–5:30 pm

Dine & Drift: A River Thames Networking Experience

\$450

Step aboard Driftwoods, London's newest luxury venue on the Thames, and embark from Tower Bridge Quay with unbeatable views of this iconic landmark.

Enjoy a four-hour private cruise complete with canapés and bowl-style lunch, as you mingle, dine, and network while gliding past London's most famous sights beneath a stunning glass-paneled roof. Transportation is included.

Saturday, May 2 | 11:00 am–3:00 pm



Run the City: London Fun Run

\$95

Take in London's most iconic sights on a bespoke team fun run designed just for your group.

Whether you prefer a scenic flat route or a challenging Royal Park hill, our expert personal trainers will lead a motivating warm-up before guiding smaller teams on the course.

It's the perfect way to energize, connect, and bond while exploring the city, one stride at a time. Transportation included.

Sunday, May 3 | 9:00 am–11:00 am

Swing, Sip & Socialize: Crazy Golf at Swingers

\$290

Step into Swingers, where 1920s seaside charm meets modern London energy. Enjoy a round of crazy golf with your group on the Meteorite course, followed by street food platters and drinks in your private walled garden terrace: complete with lush greenery, banquette seating, and a retractable roof.

With great food, tunes, and friendly competition, it's the ultimate setting to relax, laugh, and network in style. Transportation not included.

Monday, May 4 | 6:00 pm–10:00 pm

Brews & Chews: A Taste of London's Oldest Brewery

\$240

Step inside Sambrook's, London's oldest independent brewery and the UK's longest continuously brewing site, dating back to 1533. You will be split into two groups alternating between a private brewery tour and the other for a cheese and beer pairing session led by renowned expert Ned Palmer, artisanal cheesemonger and bestselling author.

Sample the finest craft ales and artisanal cheeses, discover perfect flavour pairings, and enjoy plenty of time to mingle and network in this historic, hop-scented setting. Transportation included.

Saturday, May 2 | 4:00 pm–6:00 pm

Flavours & Street Art: An East End Discovery Tour

\$260

Explore the vibrant East End, a melting pot of cultures, cuisine, and creativity. Led by our entertaining local guides, you'll wander through Shoreditch, Brick Lane, and Spitalfields, uncovering hidden synagogues, Roman history, Georgian mansions, and some of the world's best street art.

Along the way, enjoy authentic local bites, from bagels to fish and chips to artisan chocolate, before wrapping up with a pint in a classic East End pub. It's the perfect mix of flavor, culture, and conversation, making it an unforgettable networking adventure. Transportation included.

Wednesday, May 6 | 11:00 am–3:00 pm

Race, Shake & Network: F1 Arcade Experience

\$230

Rev up your evening at F1 Arcade London, where high-speed thrills meet sleek city style. Enjoy exclusive use of The Briefing Room, complete with eight racing simulators, a private champagne bar, and panoramic views of St Paul's Cathedral.

Compete in a friendly tournament or shift gears with a cocktail-making masterclass, where guests can craft bespoke drinks tailored to their tastes.

With adrenaline, laughter, and plenty of networking moments, it's the perfect way to add a fast-paced twist to your next corporate event. Transportation not included.

Tuesday, May 5 | 6:00 pm–10:00 pm

Dinner, Dancing & Digital Magic: ABBA Voyage Experience

\$465

Get ready for an unforgettable night of music, dining, and connection with ABBA Voyage: the revolutionary concert where digital "ABBAatars" perform alongside a live 10-piece band in a custom-built London arena.

Start the evening with a delicious pre-theatre dinner, then immerse yourself in this awe-inspiring show that blends nostalgia, cutting-edge technology, and ABBA's timeless hits. Transportation included.

Sunday, May 1 | 6:00 pm–9:15 pm



The Vault Experience at The Ned: Where Networking Meets 007 Glamour

\$165

Get ready to unlock an unforgettable evening inside The Vault at The Ned, London's most exclusive hidden gem. Once the vault of the historic Midland Bank, this extraordinary space was featured in the iconic James Bond film Goldfinger, where Fort Knox itself came to life on screen. Now, for one night only, the Vault opens its doors exclusively for INTA's distinguished guests. Step behind the heavy circular door and into a world of intrigue, elegance, and connection, where great conversation sets the tone for a night worthy of 007 himself.

This is networking, Bond-style: sophisticated, secretive, and simply unforgettable. Drinks included.

Monday, May 4 | 9:00 pm–12:00 am