



Detailed Workplace Analysis, Consultation & Design of a contemporary Yoga Centre that embraced wellbeing

Sweat Studios Project

Location Size: 73,000 ft²

Building Type: Single Storey Building

Industry Type: Health & Fitness



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When Kirsty Lowe moved back to the UK she wanted to bring a friendly, approachable no-nonsense experience to yoga. So, she hung up her corporate suit, went off to yoga teacher training and then set about to opening her first Sweat Studio in Milton Keynes, Buckinghamshire. Sweat is about demystifying yoga and stripping all of the pretension and waffle to leave what's really at its core: a way to better understand your body, stay fit and healthy and get a really great workout.

RSR worked with Sweat Studios to create a Yoga Centre that embraced a clear focus on wellbeing and that provided a vibrant environment where staff and members could feel invigorated.

Our team worked closely with Kirsty Lowe to help her build her vision of a heated Yoga Studio. We performed a **detailed workplace analysis and consultation** service over a four month period, which aided to inform the design process by highlighting what had worked well and what didn't, as well as **providing a unique insight into how space was used** and critically how best to implement heat and humidity systems.

The design incorporated the key objectives of embracing wellbeing and also a move away from traditional yoga themes to a contemporary studio model where space was optimally utilised.

Early on in the process, the central locations outside space (based at the hub) was pinpointed as key for signage from all aspects to capture footfall attention, and was executed with immediate effect. The 6 week project went underway transforming the empty shell into a truly amazing space with reception area, changing room and shower room facilities, a heated yoga studio and office space.

The result is a unique facility which encapsulates Sweat Studios people and wellbeing-focused values whilst also reflecting its willingness to embrace new technologies.

Reception and Office
Changing and Shower Rooms
Studio with humidity and heat systems
Kitchen Facility





The challenges

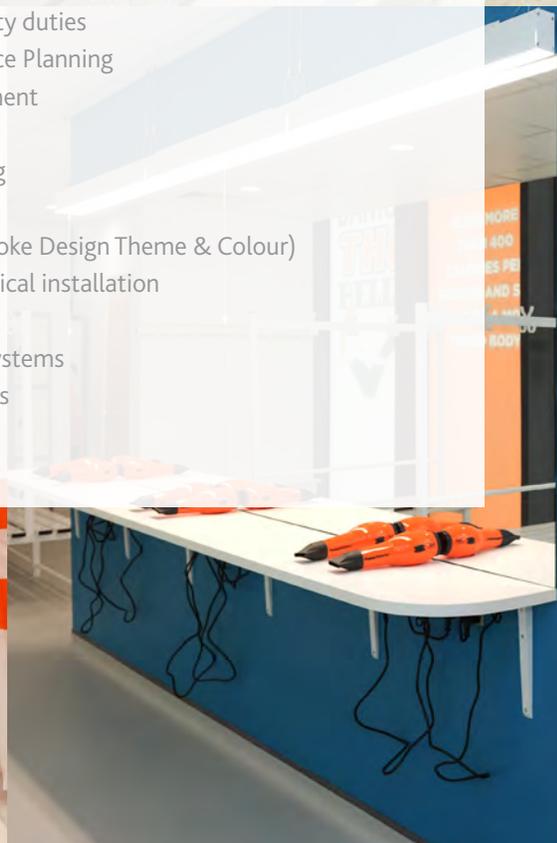
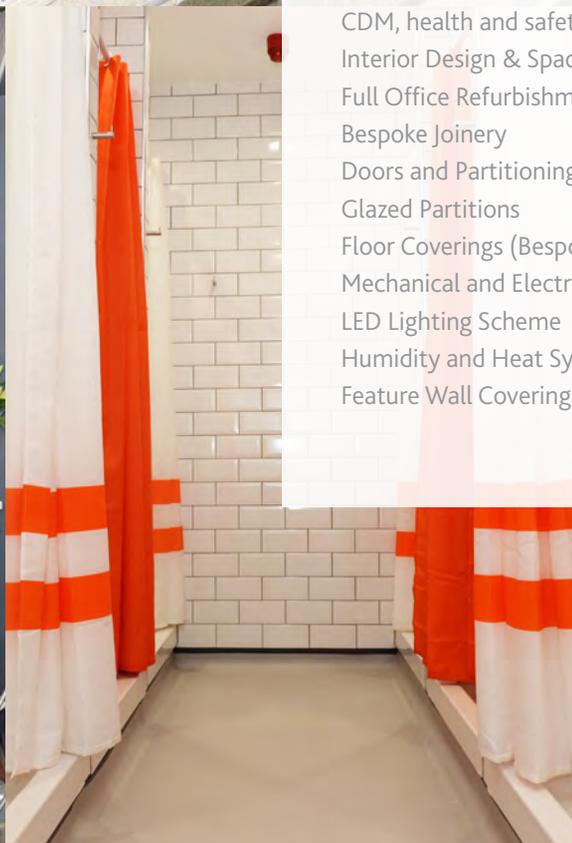
During the final weeks of the refurbishment process, a leak struck the neighboring coffee shop and left the studio saturated with 4 inches of water. What could have been seen as a devastating setback for Sweat Studios and their pre-arranged grand opening, was swiftly dealt with. Our team uplifted, dried and relaid all the flooring, working around the clock to ensure that the Sweat Studio launch was uncompromised and went ahead as planned.

The Sweat Studio has been a roaring success and we are delighted that Kirsty and her team has won the award for Small Business of the Year 2016.

We will be working closely with Kirsty in the immediate future, in line with her Sweat Studio expansion.

Scope of works

- Project Management
- Planning & Building Regulation Consultation
- CDM, health and safety duties
- Interior Design & Space Planning
- Full Office Refurbishment
- Bespoke Joinery
- Doors and Partitioning
- Glazed Partitions
- Floor Coverings (Bespoke Design Theme & Colour)
- Mechanical and Electrical installation
- LED Lighting Scheme
- Humidity and Heat Systems
- Feature Wall Coverings



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