



DOLPHIN HOUSE

AT DOLPHIN SQUARE

CLUB BROCHURE

One membership, one address



Fitness

From strength training and cardio to swimming, Gravity Reformer Pilates and racket sports, Dolphin House offers a complete fitness experience supported by expert trainers and specialist instructors.



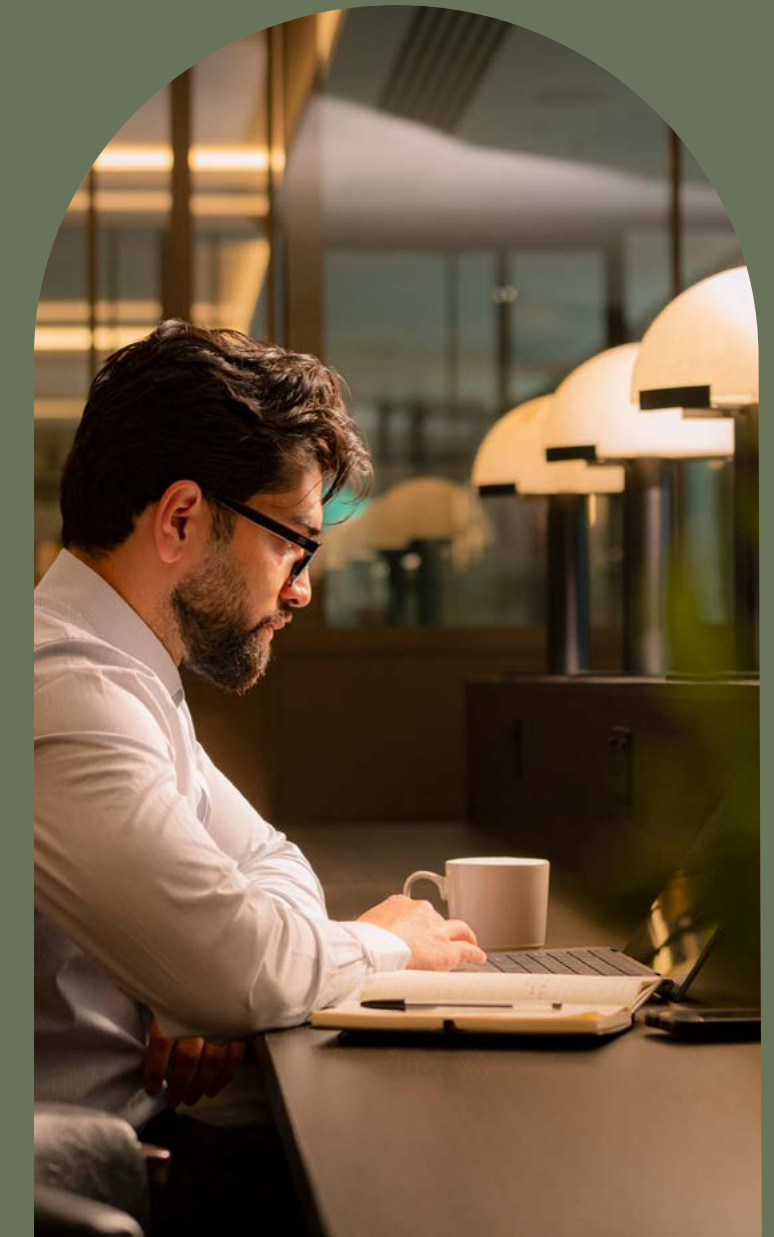
Spa & wellness

A 17-metre swimming pool, steam room, sauna and the Grade II-listed gardens of Dolphin Square provide space to slow down, reset and recover, complemented by an on-site spa and Thermal Suite offering spa days and treatments.



Food & drink

From coffee after a morning workout to cocktails overlooking the gardens, the Café & Bar and Juice Bar bring people together throughout the day.



Co-working

A calm and thoughtfully designed workspace to focus quietly or hold meetings comfortably, with open desks, private call booths and bookable meeting rooms.



Introducing Dolphin House

A considered approach to London life

Set within the established surroundings of Dolphin Square, Dolphin House brings together wellness, fitness, workspace and hospitality within one connected setting.

Designed for both residents and members, it is a place defined as much by its people as its spaces. From the team who greet you in the café each morning, to the expert trainers, instructors and wellness specialists who know members personally, service at Dolphin House is thoughtful, attentive and genuinely welcoming. Over time, familiar faces and daily routines create the feeling of community that has long defined life at Dolphin Square.

An early swim before the day begins. Time to focus between meetings. A workout, treatment or freshly made juice in the afternoon. Cocktails on the terrace as evening settles over the gardens. At Dolphin House, wellbeing is woven into everyday London life.



About Dolphin Square

Situated moments from the Thames in the heart of Pimlico, Dolphin Square has been part of London life for almost a century. More than a residential address, it is an established central London community shaped by generations of residents and the character of its gardens, courtyards and surrounding streets.

Heritage

Built between 1935 and 1937, Dolphin Square was conceived as a new kind of London living. A self-contained residential estate that brought together apartments, gardens, restaurants, leisure and social spaces within a riverside setting.

At the time of its completion, it was the largest residential development of its kind in Europe. Its thirteen houses, each named after a British naval admiral, have long been home to politicians, writers, artists and Londoners drawn to the balance of privacy and community that defines life here.

Nearly ninety years on, Dolphin Square remains woven into the fabric of Pimlico, retaining a rare sense of identity and belonging in the centre of the capital.

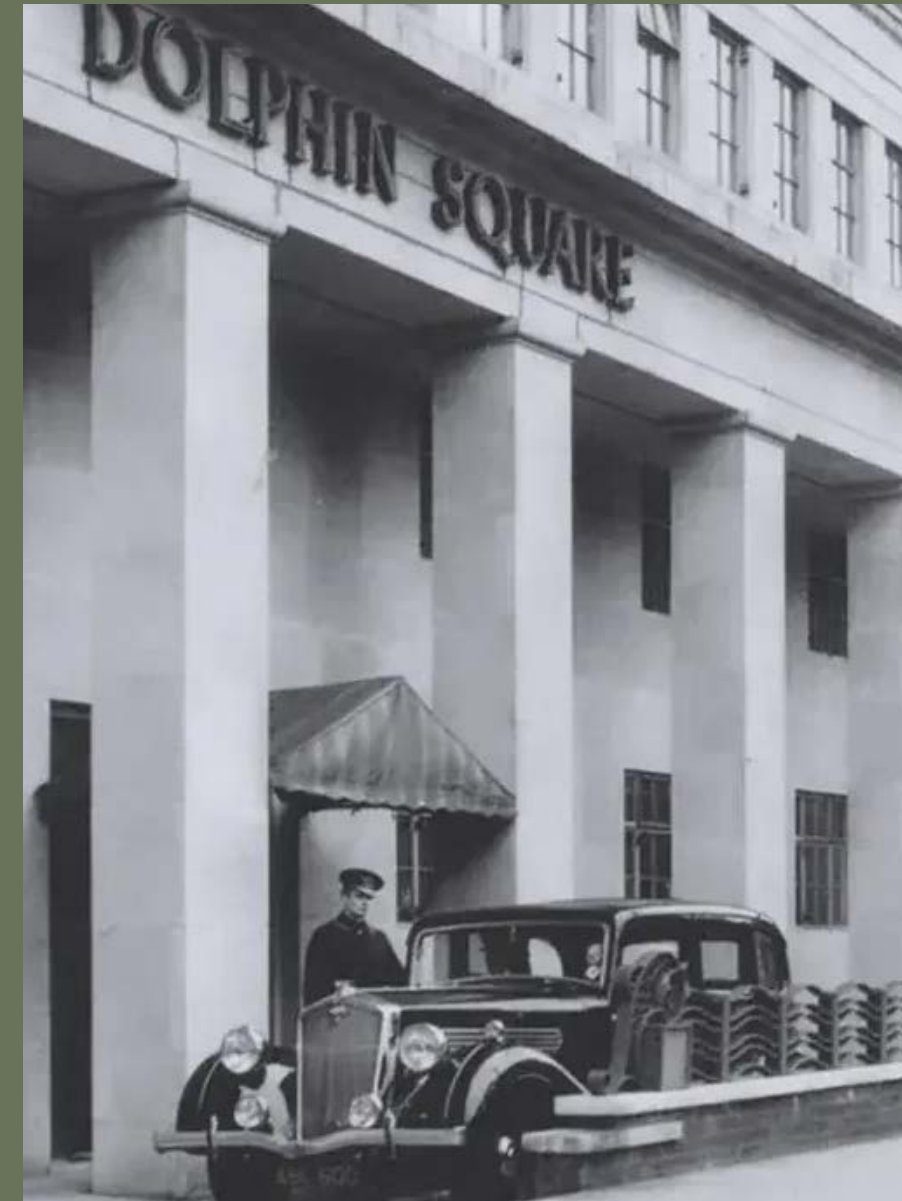
Reimagined

A thoughtful restoration programme is carefully renewing Dolphin Square for contemporary city life, preserving the estate's distinctive 1930s architecture while upgrading homes, infrastructure and resident amenities. At the heart of that evolution sits Dolphin House, a wellness, fitness and social destination created for residents and members alike.

Live here

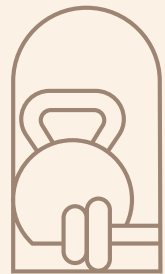
Membership at Dolphin House is part of a wider way of life at Dolphin Square. Beyond the club itself, the estate offers a collection of apartments for rent, surrounded by landscaped gardens and moments from the cafés, galleries and neighbourhood streets of Pimlico, Belgravia and Westminster. For those interested in making Dolphin Square home, we would be delighted to tell you more.

Visit www.dolphinsquare.co.uk





Fitness



Members of Dolphin House are supported by expert trainers, specialist instructors and a range of equipment designed to suit every level of experience and fitness goal. Alongside fully equipped training spaces, members also have access to courts, dedicated studios and a broad programme of classes.

Gym

The gym includes dedicated areas for cardio, strength and functional training, with equipment selected to support a variety of training styles and experience levels. Every member receives a detailed induction and body composition assessment, helping create a programme suited to individual goals and routines.

Studios

Four studios support everything from yoga and Gravity Reformer Pilates to boxing and cycle classes. Some members come for structured training, others for movement that balances the working day. Classes are led by experienced instructors who know many members personally and help create a welcoming, supportive atmosphere throughout the club.

Classes

All standard fitness classes are included within membership. Gravity Reformer Pilates is available at a preferential member rate of £25 per session.

Personal training

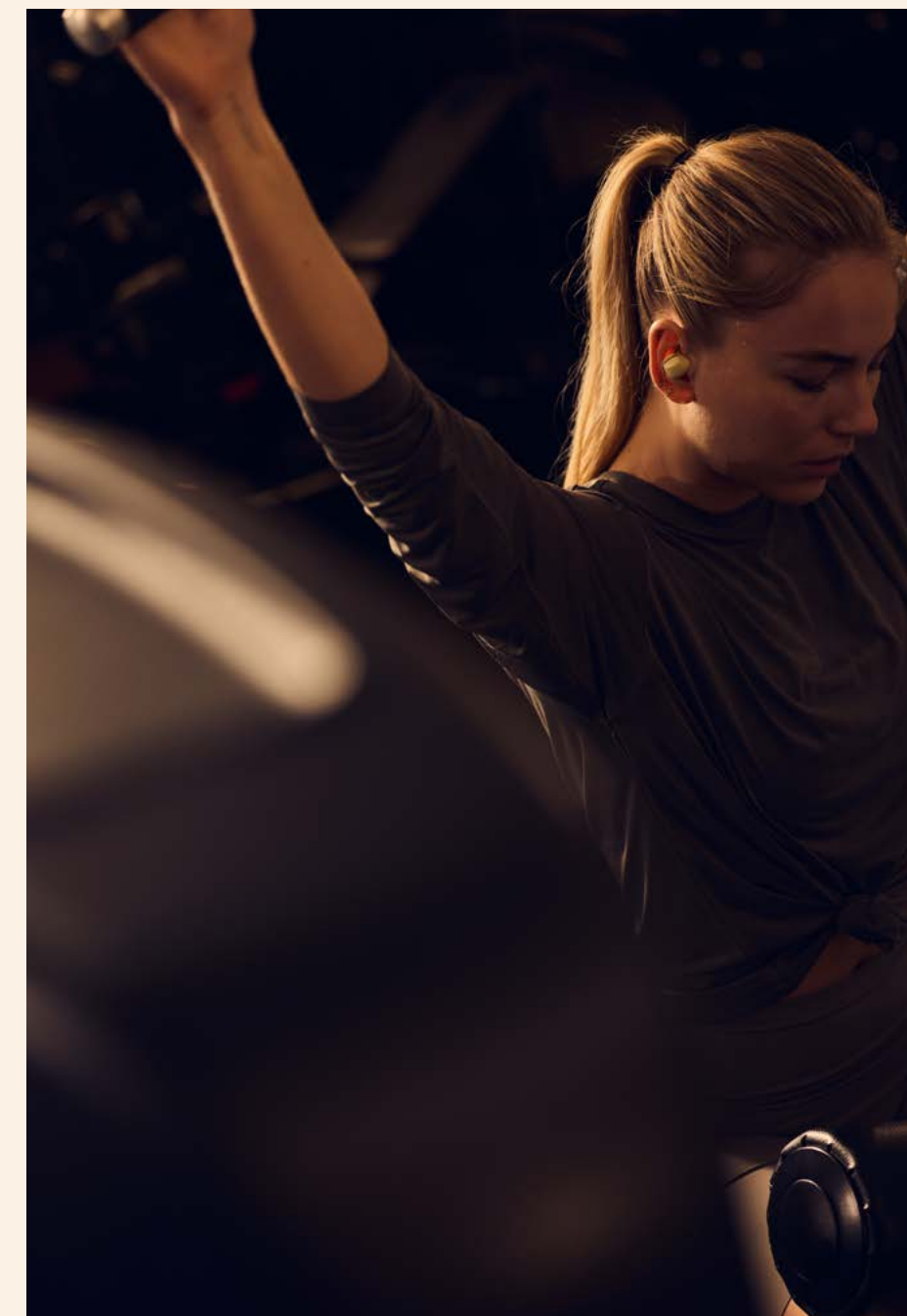
Personal training sessions are tailored around individual goals, whether focused on strength, mobility, endurance or building healthier routines over time. Trainers take a hands-on and personal approach, working closely with members as their needs evolve.

Changing rooms

Recently refurbished changing rooms include secure lockers, showers and thoughtful practical touches throughout. Towels are available from reception for each visit.

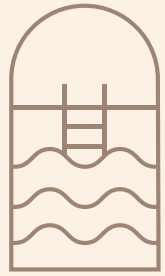
Tennis and squash

Members also have access to a riverside tennis court overlooking Battersea Power Station and two squash courts within Dolphin House. Coaching is available through resident tennis and squash professionals. Court hire from £12.50 per hour.





Wellness



Wellbeing at Dolphin House is built into the everyday rhythm of life in Dolphin Square. Time to swim before the working day begins. A quiet hour in the gardens. The warmth of the sauna after an evening workout. Spaces designed not around escape from the city, but around living well within it.

Pool

At the centre of Dolphin House sits a 17-metre heated indoor swimming pool used for both lane swimming and open water sessions. Calm, bright and unhurried throughout the day, it becomes part of many members' regular routines, from early morning swims to quieter moments in the evening.

Sauna and steam room

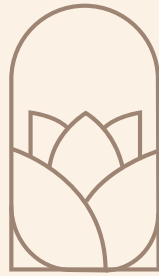
Located beside the pool, the sauna and steam room are open to all members and residents. A simple but important part of the daily experience at Dolphin House, they offer space to slow down, recover after training or take a moment away from the pace of the day.

Gardens

Beyond Dolphin House itself, residents and members have access to the Grade II-listed gardens at Dolphin Square. Spanning 3.5 acres, they remain one of the defining features of the estate and an increasingly rare sense of calm in the city. The newly restored Spanish Garden can be accessed directly from the Café & Bar terrace, offering a quieter place to sit and pause during the day.



Spa



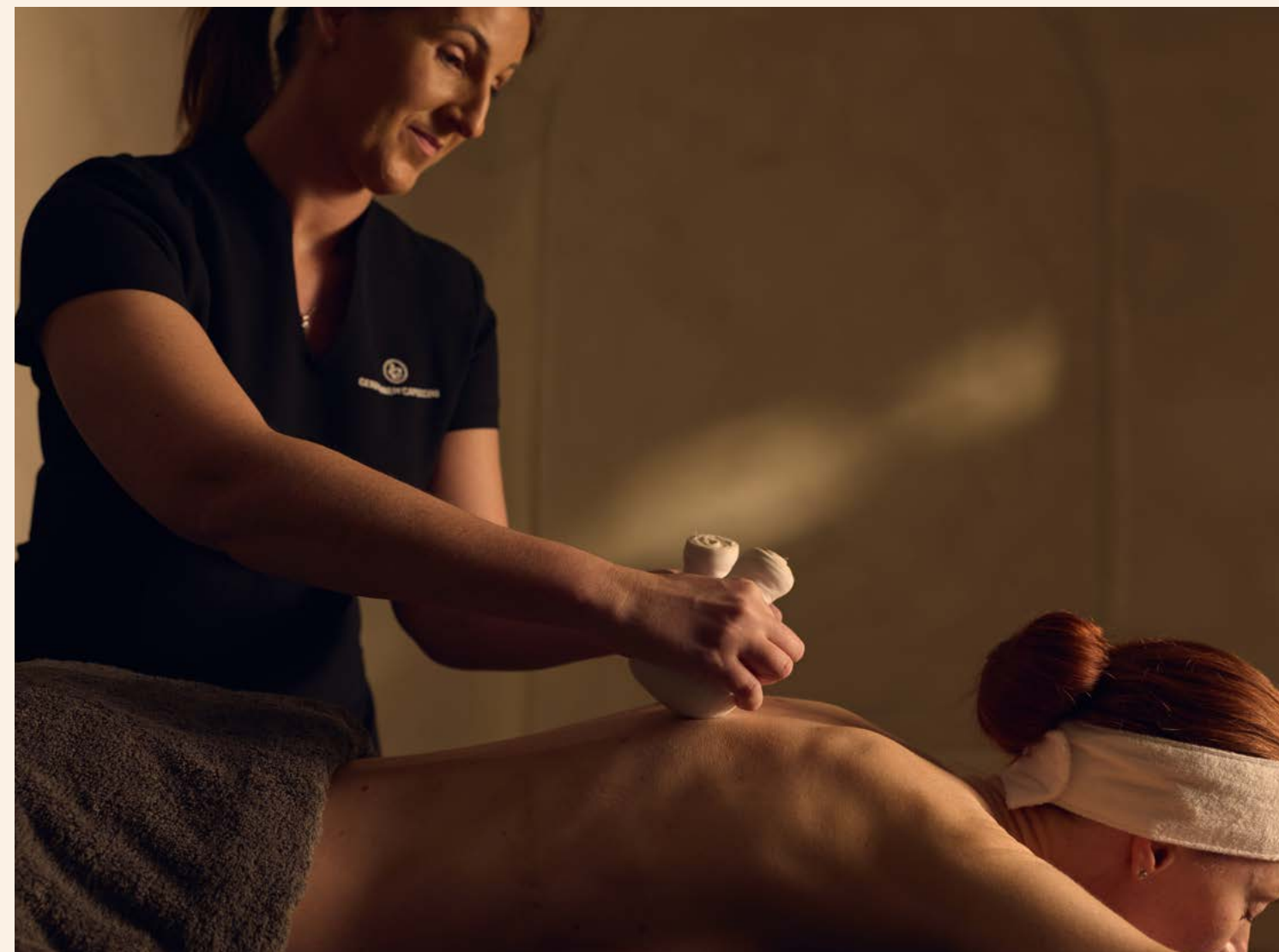
Dolphin House is home to a dedicated spa offering treatments, spa days and an exclusive Thermal Suite. Shaped around the expertise of its therapists, whose thoughtful, personalised approach sits at the centre of every visit, the spa provides a range of experiences designed to support relaxation, recovery and wellbeing.

Treatments

Treatments at Dolphin House are delivered in partnership with Germaine de Capuccini, a renowned Spanish skincare and wellness brand trusted by leading spas across Europe since 1964. Trained in Germaine de Capuccini techniques and treatment protocols, our therapists combine advanced cosmetic science with a personalised approach, tailoring every experience around individual needs rather than fixed routines. Treatments from £80.

Spa days

Spend a few hours unwinding after a busy week, book an afternoon with friends or settle in for a full day of treatments, pool time and use of the Thermal Suite. From shorter restorative visits to more indulgent spa experiences, each package is designed to help you properly switch off and leave feeling refreshed. Spa Days from £165.



The Thermal Suite

Five distinct experiences, each designed to work with the body in a different way. Enjoy access as a Spa Member or as part of a spa day experience.

SALT THERAPY ROOM

Lined with Himalayan salt bricks, the Salt Therapy Room recreates the atmosphere of a natural salt cave. Dry salt is dispersed gently into the air, creating a calm environment associated with respiratory and anti-inflammatory benefits.

INFRARED SAUNA

Operating at a lower temperature than a traditional sauna, infrared heat works directly on the body rather than heating the surrounding air. The experience is deeply warming and restorative, supporting circulation, recovery and relaxation.

STONEBATH®

One of the more distinctive experiences within the spa, the Stonebath® combines intense heat with bursts of mineral-rich steam created by plunging heated stones into cold water. Dramatic in atmosphere but deeply calming once inside.

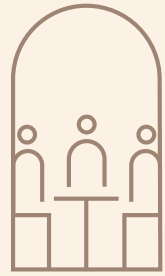
EXPERIENCE SHOWER

The Sensus shower combines changing temperatures, water pressure, light and scent across four separate settings. Designed to invigorate or restore depending on the experience selected.

ICE FOUNTAIN

The ice fountain provides a refreshing contrast to the heat of the sauna and steam rooms. Crushed ice can be applied between sessions to cool the skin and re-energise the body.

Co-working



The workspace at Dolphin House offers members an alternative to conventional co-working environments. Quieter, more personal and closely connected to the wider life of Dolphin Square, it is used by residents and members for everything from focused solo work to meetings and private calls.

Workspace

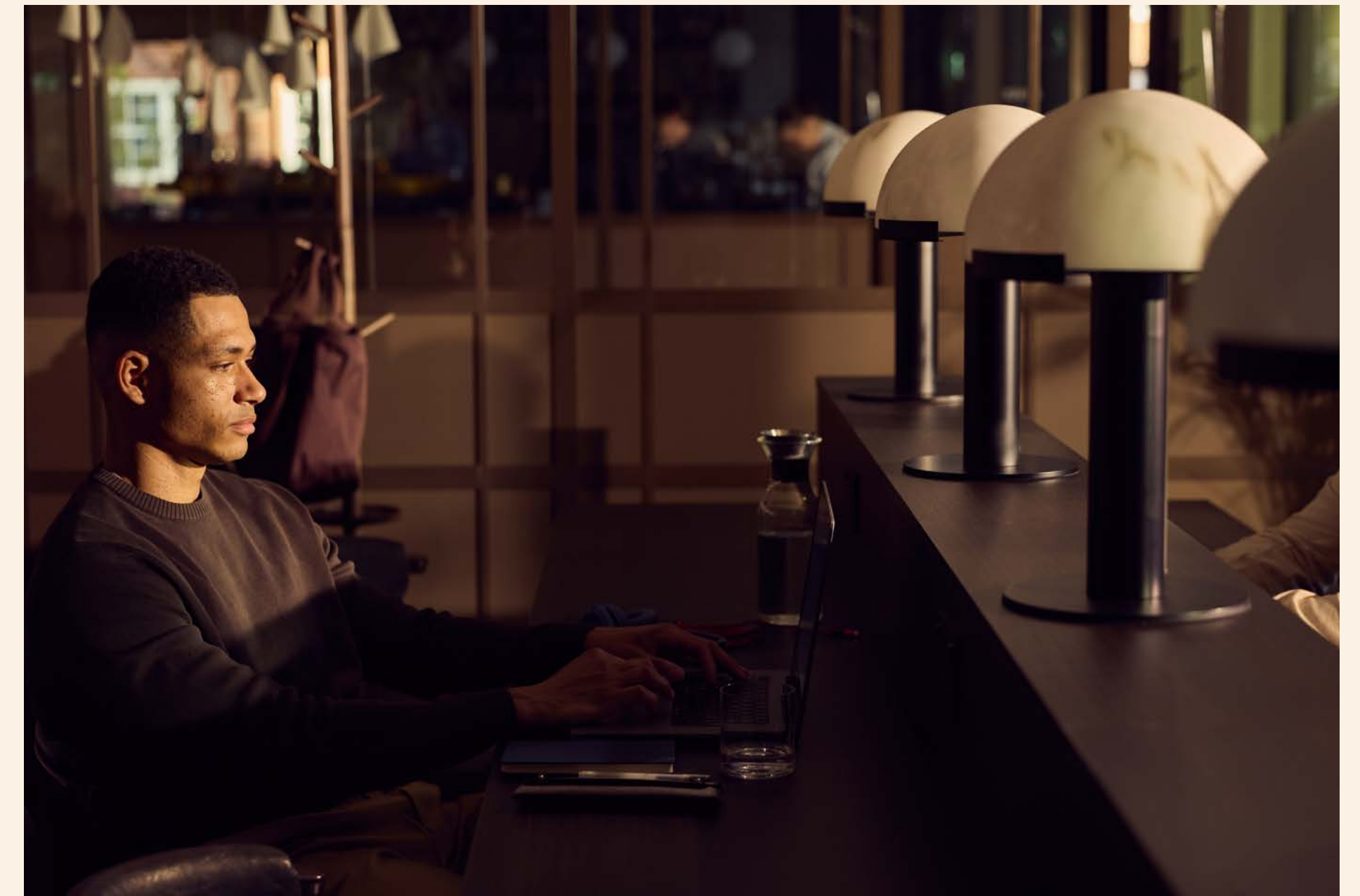
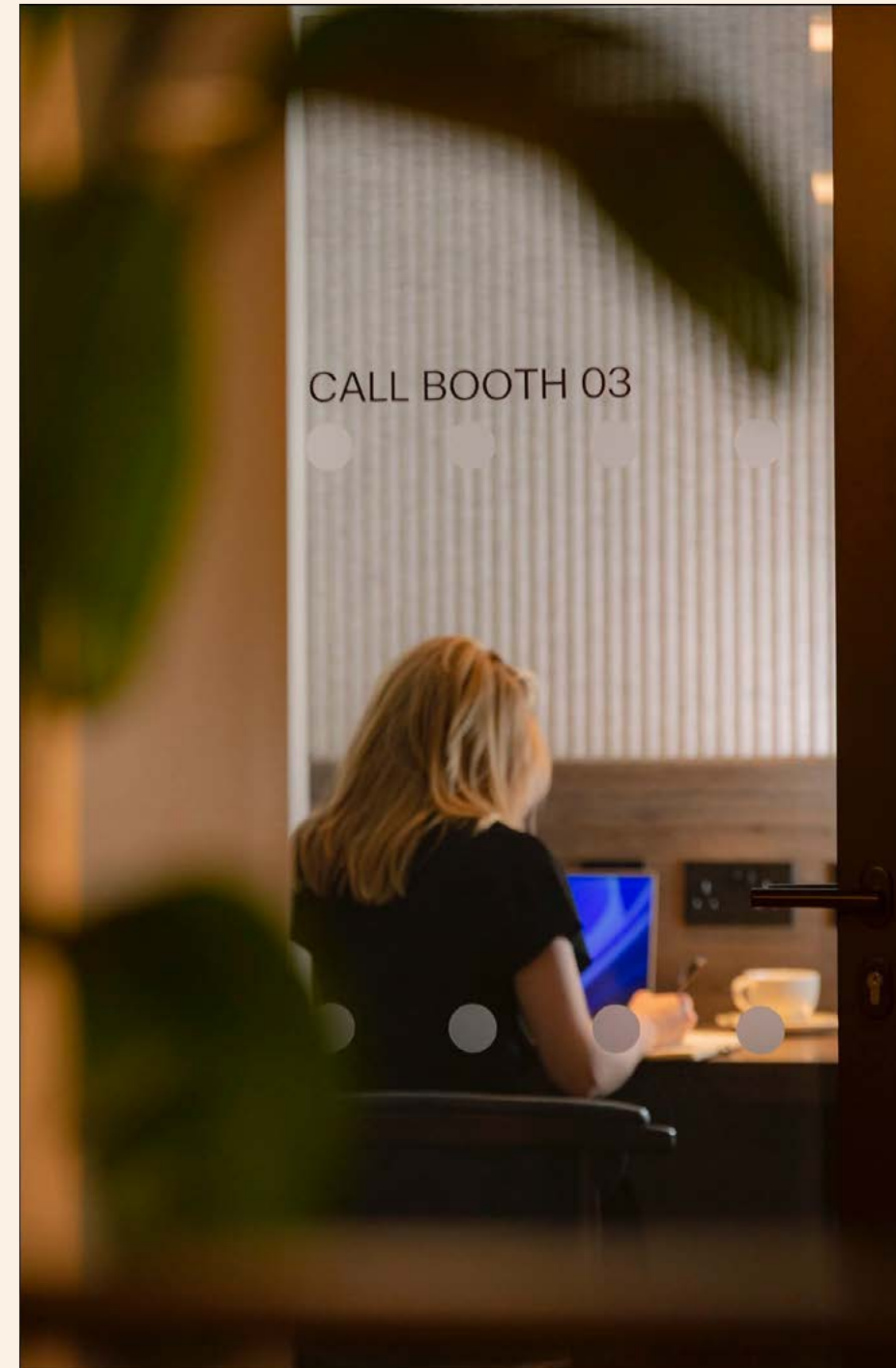
Filled with natural light and open throughout the week, the workspace provides flexible desks on a first-come, first-served basis for members and residents. High-speed Wi-Fi is available throughout, with the atmosphere designed to feel calm and comfortable rather than corporate.

Call booths

Private booths provide quieter space for calls, virtual meetings or focused work. Available throughout the day, with advance booking available through reception.

Meeting rooms

Three bookable meeting rooms are available for more formal meetings and presentations. Costain and Cubitt each seat up to four people and include ClickShare screen connectivity. Jeeves accommodates up to twelve guests, with a larger screen available on request.



Food & drink



Friendly faces behind the bar welcome residents and members throughout the day, whether you are stopping for breakfast after an early swim, meeting someone for coffee between appointments or staying into the evening for drinks overlooking the gardens. Food and drink fit naturally into the rhythm of your day, in spaces enjoyed as much for the atmosphere as the menu.

Café & Bar

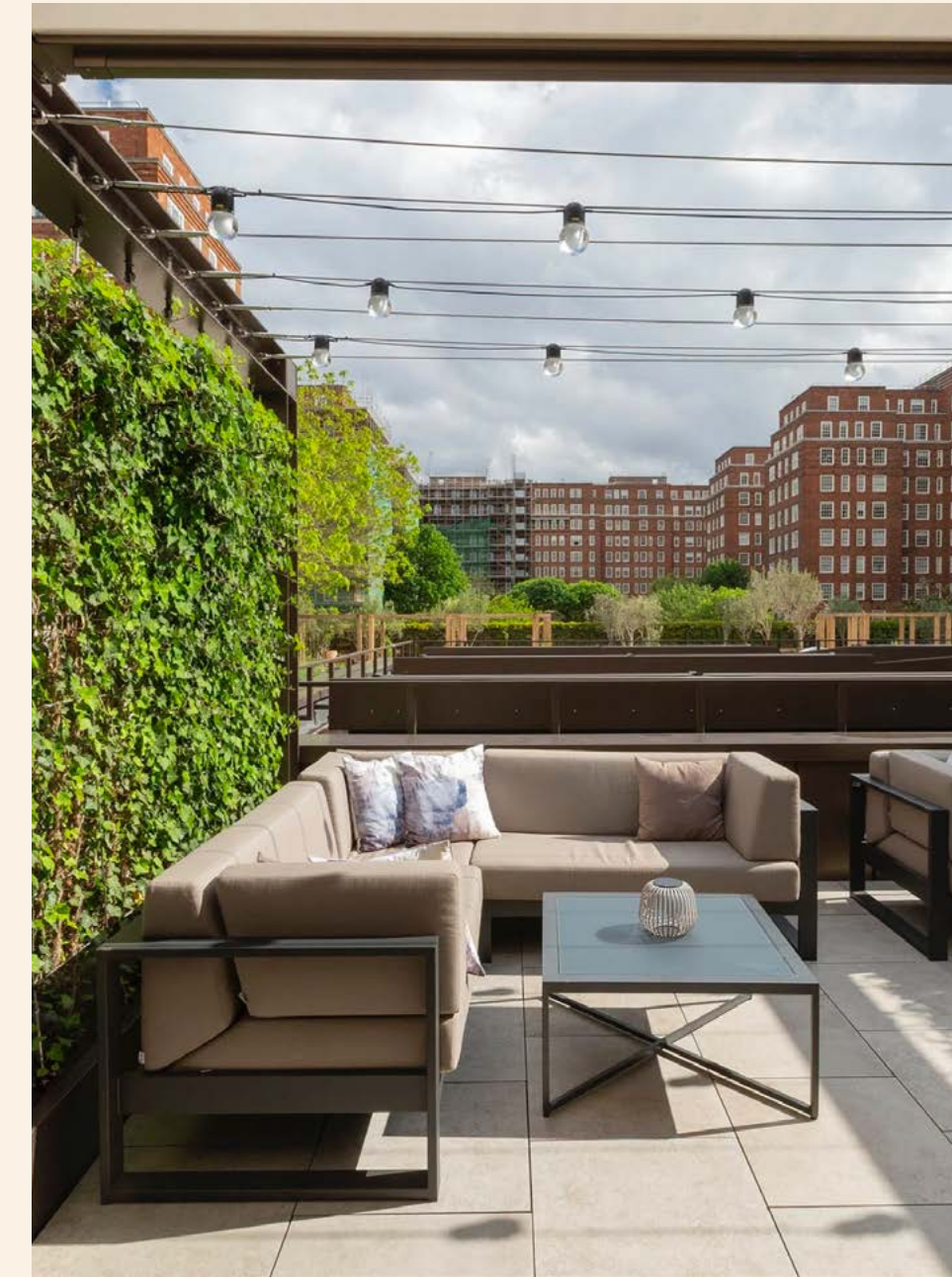
Located on the first floor with views across the gardens, the Café & Bar serves breakfast, lunch and evening drinks in a relaxed and comfortable setting. Barista coffee, salads, fresh seasonal dishes, wines and cocktails are all prepared with the same thoughtful approach that runs throughout Dolphin House.

Juice Bar

Positioned beside the gym on the ground floor, the Juice Bar focuses on fresh juices, smoothies and performance-led nutrition designed to support training, recovery and wellbeing. A regular stop before or after workouts for many members.

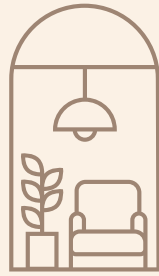
Terrace

Overlooking the Spanish Garden at Dolphin Square, the terrace becomes a popular spot in warmer weather to enjoy drinks and light bites from the Café & Bar.





Serviced apartments



Dolphin House Serviced Apartments provide a more settled way to stay in London. Fully furnished and ready to move into, they are designed for people spending extended periods in the city, whether relocating for work, managing a project or simply wanting a more connected experience of London life.

Overview

Each apartment includes utilities, Wi-Fi and access to the facilities at Dolphin House as part of the guest experience. Gym, pool, co-working spaces, Café & Bar and the wider amenities of Dolphin Square all sit within easy reach, creating a more complete way of living during your time in London. Spa membership is available separately as an additional service.

The perfect London base

The apartments are particularly suited to professionals relocating temporarily to London or spending several months working in the city. Guests benefit from the privacy of their apartment alongside the atmosphere, routine and community of Dolphin House and Dolphin Square.





Membership

Membership at Dolphin House brings together fitness, wellness, workspace and social spaces within one established residential setting. Some members visit daily, others use the club more flexibly around work and family life. For many members, Dolphin House becomes part of the routines that shape daily life in Pimlico.

HOW TO JOIN

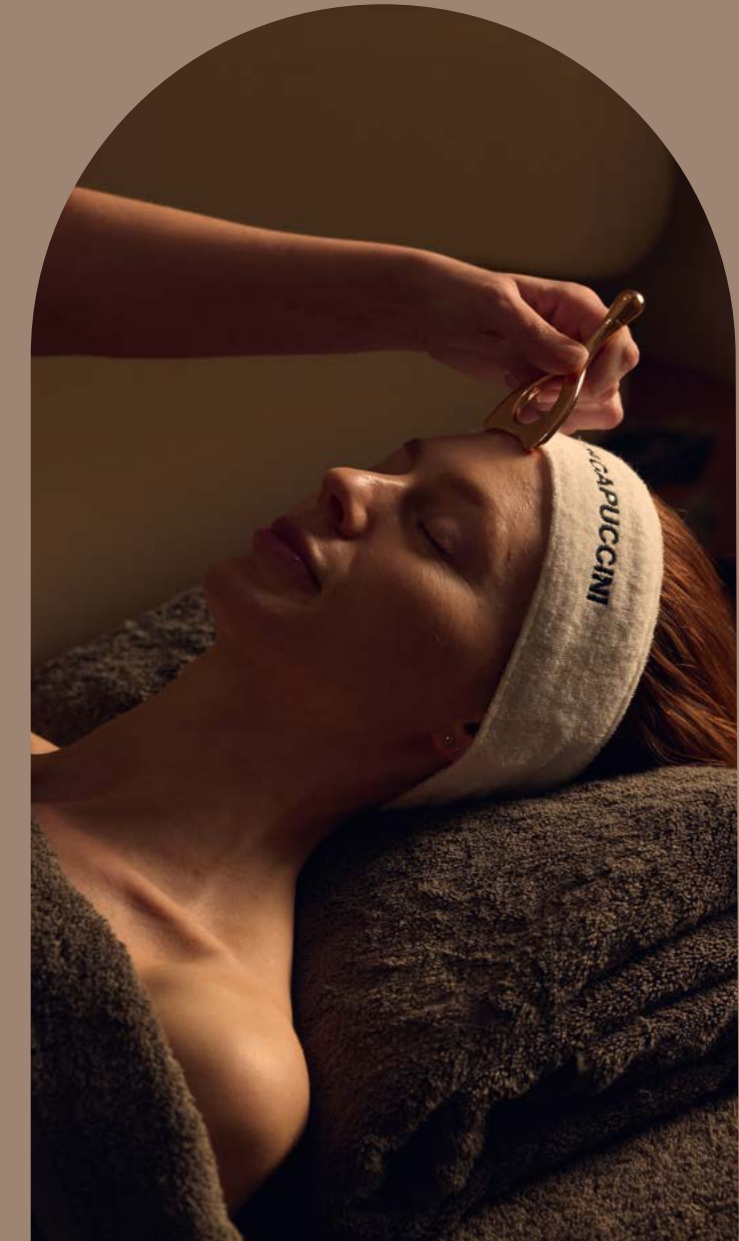
Membership is offered on a flexible monthly basis. To apply or book a tour, visit dolphinhouseclubandspa.co.uk or enquire at reception.



Fitness Club Membership

Fitness Club membership includes full access to the gym, swimming pool, poolside sauna and steam room, co-working spaces and all standard fitness classes. Gravity Reformer Pilates is available at a preferential member rate. Access to the Thermal Suite can be purchased separately or as part of a spa day experience.

All new members receive a gym induction, health assessment and personalised fitness programme, alongside a complimentary personal training consultation. Membership also includes two guest passes in your first month and access to resident tennis and squash coaches.



Spa Membership

Spa membership includes all Fitness Club Membership benefits alongside daily access to the Thermal Suite, including the Stonebath®, Salt Therapy Room, Infrared Sauna and Sensus Experience Shower.

New members also receive a complimentary 50-minute treatment on joining, with a further 25-minute treatment included annually on renewal after the first year. Additional benefits include discounted spa treatments and retail products, use of towels, robes and flip flops during visits, plus invitations to member spa events throughout the year.



We'd love to show you around

Whether you're ready to join or curious to see more, we're here to answer any questions you have. We'd be delighted to arrange an in-person tour at a time that suits you. We look forward to welcoming you.

CALL OUR TEAM

020 7798 6866

GET IN TOUCH

enquiries@dolphinhouseclubandspa.co.uk

VISIT OUR WEBSITE TO BOOK A TOUR

dolphinhouseclubandspa.co.uk





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