

Timetable

These classes are open to all as one-offs, or with class cards or Studio membership

Classes all week **B** Beginners **P** Practiced **DD** Deep dive

Non-members book any class below as a drop-in (£14) **Studio members** all classes below included in membership
Class cards all classes below included

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 – 9.15am AWAKEN PRACTICE Clare Buckley B P	8.30 – 9.30am MINDFUL VINYASA FLOW Samantha Roy P	7 – 8am KUNDALINI YOGA Baldev Kaur B P	7.15 – 8.15am RISE AND SHINE YOGA Helen Kowalski B P	7 – 8am DYNAMIC FRIDAY FLOW Nerissa Schuit B P	8.30 – 9.30am YOGA TO RESET Lianne Campbell B P	9 – 10.15am SACRED SUNDAYS MOVEMENT AND MINDFULNESS A combination of classes for all abilities See online for weekly options
11am – noon GENTLE YOGA Jane O'Donnell B P	10 – 11am FLOW AND RESTORE Christina K B P	11 – noon YOGA-BARRE BALLET & YOGA Sevanti B P	9.30 – 10.30am YOGA AND MINDFUL MOVEMENT TO MUSIC Victoria Cooper B P	9 – 10.30am UNITY YOGA Sevanti P DD ACCESSIBLE	10 – 11am I FEEL GOOD PILATES Patrick Morrison B P	10.30 – 11.30am I FEEL GOOD PILATES Patrick B P
12.30 – 1.30pm KUNDALINI YOGA Baldev Kaur B P	11.15am – 12.15pm PILATES WITH FLOW Anna Papadopoulou B P	12.15 – 1.30pm MINDFUL HATHA & SOUND JOURNEY Victoria Cooper B P	11am – noon MUM + BABY YOGA Gabrielle Minkley-Barnes B P ACCESSIBLE	STUDIO MEMBERSHIP All these classes included £55/month, £540/year  Speak to reception or buy online		11am – 1pm OPEN FLOOR CONSCIOUS/ MINDFUL DANCE Sevanti B P Monthly: See online for dates
4.15 – 5.30pm YOGA FOR TEENS Sevanti	12.30 – 1.30pm ALL LEVELS ROCKET ASHTANGA Elle Procter B P	5.45 – 7pm PREGNANCY YOGA Gabrielle Minkley-Barnes B P	6.15 – 7.15pm YOGA TO CONNECT Chantie Marshall B P ACCESSIBLE			
£8 See online for dates and to apply	7.15 – 9pm INTERNAL QIGONG ALCHEMY Amadis Cammell B P	7.30 – 8.30pm MIDWEEK MELLOW YOGA Xenia Gregoriadis B P	7.30 – 8.30pm ASHTANGA YOGA Graham Clews B P ACCESSIBLE			
6 – 7pm HATHA YOGA Helen Kowalski B P						
7.15 – 8.15pm WARRIOR FLOW YOGA Samantha Roy P DD						

revised Oct 2024



TO BOOK ANY CLASSES
 being-in-unity.com/classes
 or the 'Unity yoga' app

OPENING OCTOBER 2024
THE UNITY PILATES STUDIO

Private classes
 Solo or with a friend or family member

Open classes
 Book your place in a small, friendly class.
 Max 3 students



• **REFORMER** • Ladder barrel
 • Trapeze table • Step chair

See online or ask at reception