

# Timetable

## Classes are held in The Unity Centre

Except where indicated, Unity classes are open to everyone – as one-offs, or with class cards or Studio membership

Classes all week



Beginners



Practiced



Deep dive

**Non-members** book any Unity class as a drop-in (£12) **Studio members** all Unity classes free to book, except \*  
**Class cards** all Unity classes included, except \*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8 – 9am</p> <p><b>AWAKEN PRACTICE</b> Clare Buckley B P</p>	<p>8.30 – 9.30am</p> <p><b>MINDFUL VINYASA FLOW</b> Samantha Roy P</p>	<p>9 – 10.30am</p> <p><b>NURTURE YOGA</b> GRANT-AIDED Free where eligible Sevanti * See website for dates and to apply</p>	<p>9.30 – 10.30am</p> <p><b>YOGA AND MINDFUL MOVEMENT TO MUSIC</b> Victoria Cooper B P</p>	<p>9 – 10.30am</p> <p><b>UNITY YOGA</b> Sevanti Also on Zoom &amp; recording available P DD ACCESSIBLE</p>	<p>9 – 10am</p> <p><b>YOGA TO RESET</b> Lianne Campbell B P</p>	<p>9 – 10.15am</p> <p><b>SACRED SUNDAYS</b> MOVEMENT AND MINDFULNESS (a combination of classes for all abilities) See website for weekly options</p>
<p>9.30 – 10.30am</p> <p><b>HATHA FLOW YOGA</b> Jane O'Donnell B P</p>	<p>10.15 – 11am</p> <p><b>OVER 50s DANCE FIT</b> Avril Solomon * B P</p>	<p>11 – 12pm</p> <p><b>YOGA-BARRE BALLET &amp; YOGA</b> Sevanti B P See website for dates</p>	<p>11am – noon</p> <p><b>MUM + BABY YOGA</b> Gabrielle Minkley-Barnes B P ACCESSIBLE</p>	<p>11.30am – 12.30pm</p> <p><b>SLOW SOMATIC FLOW VINYASA WITH MUSIC</b> Christina K B P See website for dates</p>	<p>10.30 – 11.30am</p> <p><b>I FEEL GOOD PILATES</b> Patrick B P</p>	<p>11am – 1pm</p> <p><b>OPEN FLOOR CONSCIOUS/ MINDFUL DANCE</b> Sevanti B P Monthly: See website for dates from £10</p>
<p>11am – noon</p> <p><b>GENTLE YOGA</b> Jane O'Donnell B P</p>	<p>11.15am – 12.15pm</p> <p><b>PILATES WITH FLOW</b> Anna Papadopoulou B P</p>	<p>12.15 – 1.30pm</p> <p><b>MINDFUL HATHA &amp; SOUND JOURNEY</b> Victoria Cooper B P</p>	<p>12.30 – 2.30pm</p> <p><b>BREATHE EASIER</b> GRANT-AIDED Free where eligible Sevanti *</p>	<p>2 – 3pm</p> <p><b>CHAIR YOGA</b> Carla Williams Zoom only</p>	<p>11.45 – 12.45 am</p> <p><b>YOGA TO CONNECT</b> Chantie B P</p>	
<p>4.15 – 5.30pm</p> <p><b>YOGA FOR TEENS</b> Sevanti Bookings: £8 See website for dates and to apply</p>	<p>6 – 7pm</p> <p><b>HATHA YOGA</b> Helen Kowalski B P</p>	<p>5.45 – 7pm</p> <p><b>PREGNANCY YOGA</b> Gabrielle Minkley-Barnes B P</p>	<p>4.15 – 5.15pm</p> <p><b>CHILDREN'S DRAMA</b> Tim Rowland *</p>			
<p>6.30 – 8.15pm</p> <p><b>SPIRITUAL UNITY COMMUNION &amp; MEDITATION</b> Amadis Cammell B P</p>	<p>12.30 – 1.30pm</p> <p><b>ROCKET YOGA</b> Elle Procter DD</p>	<p>7.15 – 8.30pm</p> <p><b>DYNAMIC YOGA FLOW</b> Rori Cross Brown B P</p>	<p>6.15 – 7.30pm</p> <p><b>QOYA DANCE, MOVEMENT &amp; MEDITATION (women only)</b> Sammie Venn B P</p>			
<p>7.15 – 8.15pm</p> <p><b>WARRIOR FLOW YOGA</b> Samantha Roy P DD</p>	<p>6.45 – 8.30pm</p> <p><b>INTERNAL QIGONG ALCHEMY</b> Amadis Cammell B P</p>	<p>7 – 8.45pm</p> <p><b>SPIRITUAL UNITY ATTUNEMENT &amp; APPLICATION</b> Amadis Cammell B P</p>	<p>7.45 – 8.45pm</p> <p><b>NEW CLASS</b> coming soon</p>			

### WORKSHOPS

We offer a wide range of workshops, courses and live music on Fridays, Saturdays and Sundays, with new events added regularly.

Check flyers or website for details: [being-in-unity.com/workshops](http://being-in-unity.com/workshops)



### MEMBERSHIPS

- Unlimited Unity classes
- 10% spa discount (floats, saunas, Unity massages)
- Member-only exclusives

£55  
a month

£540  
a year

Speak to reception or buy online: [being-in-unity.com/membership/](http://being-in-unity.com/membership/)



**TO BOOK ANY CLASSES** (except \*)

[being-in-unity.com/classes](http://being-in-unity.com/classes) or the 'Unity yoga' app

\* Book directly. Not included in membership



**THE UNITY CENTRE**  
spa • studio • yoga • community

[being-in-unity.com](http://being-in-unity.com)