

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>AWAKEN PRACTICE Clare Buckley B P</p> <p>9.30 – 10.30am</p> <p>HEADSTAND SERIES * Fon Kheethachanok Manotum B P See website for dates</p> <p>11am – noon</p> <p>GENTLE YOGA Jane O'Donnell B P</p> <p>1.30 – 2.30pm</p> <p>KUNDALINI YOGA Justina Frost B P From 22 April</p> <p>4.15 – 5.30pm</p> <p>YOGA FOR TEENS Sevanti £8 See website for dates and to apply</p> <p>6 – 7pm</p> <p>HATHA YOGA Helen Kowalski B P</p> <p>6.30 – 8.15pm</p> <p>SPIRITUAL UNITY AT-ONE-MENT MEDITATION Amadis Cammell B P</p> <p>7.15 – 8.15pm</p> <p>WARRIOR FLOW YOGA Samantha Roy P DD</p>	<p>8.30 – 9.30am</p> <p>MINDFUL VINYASA FLOW Samantha Roy P</p> <p>10am – 11pm</p> <p>FLOW AND RESTORE Christina K B P</p> <p>11.15am – 12.15pm</p> <p>PILATES WITH FLOW Anna Papadopoulos B P</p> <p>12.30 – 1.30pm</p> <p>ALL LEVELS ROCKET ASHTANGA Elle Procter B P</p> <p>17.15 – 16.15pm</p> <p>DYNAMIC YOGA FLOW Rori Cross Brown B P</p> <p>6.45 – 8.30pm</p> <p>INTERNAL QIGONG ALCHEMY Amadis Cammell B P</p>	<p>9 – 10.30am</p> <p>NURTURE YOGA GRANT-AIDED Free where eligible Sevanti *</p> <p>See website for dates and to apply</p> <p>11 – 12pm</p> <p>YOGA-BARRE BALLET & YOGA Sevanti B P</p> <p>12.15 – 1.30pm</p> <p>MINDFUL HATHA & SOUND JOURNEY Victoria Cooper B P</p> <p>5.45 – 7pm</p> <p>PREGNANCY YOGA Gabrielle Minkley-Barnes B P</p> <p>7 – 8.45pm</p> <p>SPIRITUAL UNITY THERAPEUTIC ATTUNEMENT Amadis Cammell B P Fortnightly: see website for dates</p>	<p>9.30 – 10.30am</p> <p>YOGA AND MINDFUL MOVEMENT TO MUSIC Victoria Cooper B P</p> <p>11am – noon</p> <p>CHAIR YOGA Sevanti</p> <p>CLOSED GROUP</p> <p>See website for dates and to apply</p> <p>6.15 – 7.30pm</p> <p>QOYA DANCE, MOVEMENT & MEDITATION (women only) Sammie Venn B P</p>	<p>9 – 10.30am</p> <p>UNITY YOGA Sevanti P DD ACCESSIBLE AVAILABLE ON ZOOM</p>	<p>9 – 10am</p> <p>YOGA TO RESET Lianne Campbell B P</p> <p>11.45 – 12.45 am</p> <p>YOGA TO CONNECT Chantie B P</p>	<p>9 – 10.15am</p> <p>SACRED SUNDAYS MOVEMENT AND MINDFULNESS A combination of classes for all abilities See website for weekly options</p> <p>11am – 1pm</p> <p>OPEN FLOOR CONSCIOUS/ MINDFUL DANCE Sevanti B P from £10 Monthly: See website for dates</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



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/



revised Apr 2024



TO BOOK ANY CLASSES (except *)

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