

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

B Beginners

P Practiced

DD 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>8.30 – 9.30am</p> <p>MINDFUL VINYASA FLOW Samantha Roy 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>9.30 – 10.30am</p> <p>YOGA AND MINDFUL MOVEMENT TO MUSIC Victoria Cooper B P</p>	<p>9 – 10.30am</p> <p>UNITY YOGA Sevanti P DD</p> <p>ACCESSIBLE AVAILABLE ON ZOOM</p>	<p>9 – 10am</p> <p>YOGA TO RESET Lianne Campbell B P</p>	<p>9 – 10.15am</p> <p>SACRED SUNDAYS MOVEMENT AND MINDFULNESS A combination of classes for all abilities</p>
<p>9.30 – 10.30am</p> <p>HEADSTAND SERIES Fon Kheethachanok Manotum B P *</p> <p>See website for dates</p>	<p>10am – 11am</p> <p>FLOW AND RESTORE Christina K B P</p>	<p>11 – 12pm</p> <p>YOGA-BARRE BALLET & YOGA Sevanti B P</p>	<p>11am – noon</p> <p>MUM + BABY YOGA Gabrielle Minkley-Barnes B P</p> <p>ACCESSIBLE</p>		<p>10.30 – 11.30am</p> <p>I FEEL GOOD PILATES Patrick B P</p>	<p>See website for weekly options</p>
<p>11am – noon</p> <p>GENTLE YOGA Jane O'Donnell B P</p>	<p>11.15am – 12.15pm</p> <p>PILATES WITH FLOW Anna Papadopoulos B P</p>	<p>12.15 – 1.30pm</p> <p>MINDFUL HATHA & SOUND JOURNEY Victoria Cooper B P</p>	<p>11am – noon</p> <p>CHAIR YOGA Sevanti CLOSED GROUP</p>		<p>11am – 1pm</p> <p>OPEN FLOOR CONSCIOUS/ MINDFUL DANCE Sevanti B P</p>	<p>11am – 1pm</p> <p>from £10</p> <p>Monthly: See website for dates</p>
<p>12.30 – 1.30pm</p> <p>KUNDALINI YOGA Baldev Kaur B P</p> <p>From 22 April</p>	<p>12.30 – 1.30pm</p> <p>ALL LEVELS ROCKET ASHTANGA Elle Procter B P</p>	<p>5.45 – 7pm</p> <p>PREGNANCY YOGA Gabrielle Minkley-Barnes B P</p>	<p>6.15 – 7.30pm</p> <p>QOYA DANCE, MOVEMENT & MEDITATION (women only) Sammie Venn B P</p>		<p>11.45 – 12.45pm</p> <p>YOGA TO CONNECT Chantie B P</p>	
<p>4.15 – 5.30pm</p> <p>YOGA FOR TEENS Sevanti £8</p> <p>See website for dates and to apply</p>	<p>5.15 – 6.15pm</p> <p>DYNAMIC YOGA FLOW Rori Cross Brown B P</p>	<p>7 – 8.45pm</p> <p>SPIRITUAL UNITY MEDITATION, ATTUNEMENT AT-ONE-MENT Amadis Cammell B P</p> <p>Fortnightly: see website for dates</p>				
<p>6 – 7pm</p> <p>HATHA YOGA Helen Kowalski B P</p>	<p>6.45 – 8.30pm</p> <p>INTERNAL QIGONG ALCHEMY Amadis Cammell B P</p>					
<p>7.15 – 8.15pm</p> <p>WARRIOR FLOW YOGA Samantha Roy P DD</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/**



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