

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 for £14 –
or with a **5-class card** (£62) or **12-class card** (£134)

Studio members all classes below included in
monthly and annual membership

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>8 – 9.15am</div> <div>AWAKEN TO THE SEASONS YIN/YANG PRACTICE</div> <div>Clare Buckley</div> <div>B P</div>	<div>8.30 – 9.30am</div> <div>VAJRASATI YOGA</div> <div>Khadine Morcam</div> <div>B P</div>	<div>8 – 9am</div> <div>AWAKEN TO THE DAY</div> <div>Faren Lloyd</div> <div>B P</div>	<div>7.15 – 8.15am</div> <div>RISE AND SHINE YOGA</div> <div>Helen Kowalski</div> <div>B P</div>	<div>7 – 8am</div> <div>VINYASA FLOW</div> <div>Nerissa Schuit</div> <div>B P</div>	<div>8.30 – 9.30am</div> <div>YOGA TO RESET</div> <div>Lianne Campbell</div> <div>B P</div>	<div>9 – 10.15am</div> <div>SACRED SUNDAYS</div> <div>MOVEMENT AND MINDFULNESS</div> <div>A combination of classes for all abilities</div> <div>See online/app for weekly options</div>
<div>9.45 – 10.45am</div> <div>QIGONG</div> <div>Claire Gilliver</div> <div>B P</div>	<div>10 – 11am</div> <div>FLOW AND RESTORE</div> <div>Christina K</div> <div>B P</div>	<div>11 – noon</div> <div>YOGA-BARRE BALLET & YOGA</div> <div>Sevanti</div> <div>B P</div> <div>From September: see online/app</div>	<div>9.30 – 10.30am</div> <div>SOMATIC FLOW</div> <div>Christina Karaviotis</div> <div>B P</div>	<div>9 – 10.30am</div> <div>UNITY YOGA</div> <div>Sevanti</div> <div>P DD</div> <div>ACCESSIBLE</div>	<div>10 – 11am</div> <div>I FEEL GOOD MAT PILATES</div> <div>Patrick Morrison</div> <div>B P</div>	<div>10.30 – 11.30am</div> <div>I FEEL GOOD MAT PILATES</div> <div>Patrick</div> <div>B P</div>
<div>11am – noon</div> <div>GENTLE YOGA</div> <div>Jane O'Donnell</div> <div>B P</div>	<div>11.15am – 12.15pm</div> <div>PILATES WITH FLOW</div> <div>Anna Papadopoulos</div> <div>B P</div>	<div>12.30 – 1.45pm</div> <div>MINDFUL HATHA & SOUND JOURNEY</div> <div>Victoria Cooper</div> <div>B P</div>	<div>11am – noon</div> <div>YOGA FOR MUM AND BABY</div> <div>Clare Finch</div> <div>B P</div> <div>ACCESSIBLE</div> <div>Six-week blocks: see online/app for dates</div>	<div>PILATES STUDIO</div> <div><div>• REFORMER</div><div>• Trapeze table</div><div>• Ladder barrel</div><div>• Step chair</div></div> <div>Private, shared and open classes</div> <div></div>		<div>11am – 1pm</div> <div>OPEN FLOOR CONSCIOUS/ MINDFUL DANCE</div> <div>Sevanti</div> <div>B P</div> <div>Monthly: see online/app for dates</div>
<div>4.15 – 5.30pm</div> <div>YOGA FOR TEENS</div> <div>Sevanti</div> <div>£8</div> <div>See online/app for dates and to apply</div>	<div>12.30 – 1.30pm</div> <div>ALL LEVELS ROCKET ASHTANGA</div> <div>Elle Procter</div> <div>B P</div>	<div>5.45 – 7pm</div> <div>PREGNANCY YOGA</div> <div>Clare Finch</div> <div>B P</div>	<div>6.15 – 7.15pm</div> <div>YIN YOGA</div> <div>Chantie Marshall</div> <div>B P</div> <div>ACCESSIBLE</div>	<div>28 for £28</div> <div>28 day class pass</div> <div>First timers only: 28 days of unlimited Unity studio classes* for just £28!</div> <div>being-in-unity.com/studio-passes</div> <div></div>		
<div>6 – 7pm</div> <div>HATHA YOGA</div> <div>Helen Kowalski</div> <div>B P</div>	<div>6 – 7pm</div> <div>RELAX & RESTORE YOGA</div> <div>Rori Cross Brown</div> <div>B P</div>	<div>4 – 5pm</div> <div>YOGA NIDRA</div> <div>Helen Kowalski</div> <div>B P</div>	<div>7.30 – 8.30pm</div> <div>THURSDAY HATHA</div> <div>Jane O'Donnell</div> <div>B P</div>	<div>STUDIO MEMBERSHIPS</div> <div><div>• Unlimited Unity studio classes*</div><div>• 10% off massages and floats</div><div>• 10% off Pilates Studio classes</div><div>• £13 saunas</div></div> <div><div>£65</div><div>a month</div></div> <div><div>£648</div><div>a year</div></div>		
<div>7.15 – 8.15pm</div> <div>WARRIOR FLOW YOGA</div> <div>Nerissa Schuit</div> <div>P DD</div>	<div>7.15 – 9pm</div> <div>INTERNAL QIGONG/ UNITY MEDITATION</div> <div>Amadis Cammell</div> <div>B P</div> <div>Alternating weeks: see online/app for dates</div>	<div>7.30 – 8.30pm</div> <div>MIDWEEK MELLOW YOGA</div> <div>Xenia Gregoriadis</div> <div>B P</div>				

revised August 2025



TO BOOK ANY CLASSES

being-in-unity.com/classes
or the updated Unity Centre app



28 for £28

28 day class pass

First timers only: 28 days of unlimited
Unity studio classes* for just £28!

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STUDIO MEMBERSHIPS

- Unlimited Unity studio classes*
- 10% off massages and floats
- 10% off Pilates Studio classes
- £13 saunas

£65
a month

£648
a year



being-in-unity.com/membership

* Exclusions, Ts & Cs apply



THE UNITY CENTRE
spa • studio • yoga • community

being-in-unity.com