



Weekly Timetable

Welcome to our weekly timetable. This is an example of what is on offer throughout the week. However please be aware that classes may change, due to teacher availability or new classes added.

The timetable is regularly updated and for an accurate and updated timetable please check on the Mومence app website.

All times shown are UK times and are subject to change. Please check the time in your time zone using an online time converter.

Check our timetable on Mومence for Saturday film club.

Weekend workshops (see Mومence) and courses (see website) are available to book in addition to this timetable.

A Guide to Levels (these are shown in brackets next to each class)

Level 0 Suitable for anyone, any ability, can be done from bed.

Level 1 Suitable for those who can move a little bit

Level 2 Suitable for those who can move around fairly well, can sit and stand without too many issues and want to do a little movement/exercise without taxing the body too much

Level 3 Suitable for those who are ready to do more – ready to build strength and are able to work on standing poses in Yoga and lift light hand weights in strength work.

Level 4 Suitable for those who are feeling fairly fit, are able to moderate themselves sensibly and can manage cardio and strength work without set back.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:00-1:30 AM	Yoga Nidra - Sam Loe (0+)		Breathe - Sam Loe (0+)		
7:45-8:15 AM	Morning Yoga Practice: Set Your Intention - Suzy Bolt (3+)				
8:00-8:30 AM		Tuesday Mindfulness - Annie McAuley (0+)			Pilates - Jo Perkins (3)
8:45-9:30 AM	Strength Building with Weights - Chloe Stephens (3+)	General Yoga - Suzy Bolt (3+)			
9:00-9:30 AM			Qi Gong - Laura Dannequin (2/3)	General Yoga - Nadine Watton (3)	Gentle Yoga: End of Week Wind Down - Suzy Bolt (2+)
10:30-11:15 AM		Rest, Repair, Recover (RRR) - Suzy and Ross (0+)			
11:00-11:30 AM	Yoga Nidra (Deep Guided Rest) – Nadine/Caroline /Jackie (0+)		Breathe - Jackie Baxter (0+)	Tapping - Hayley Frankland (0)	
1:00-1:45 PM				Rest, Repair, Recover (RRR) - Suzy and Ross (0+)	
1:45-2:30 PM					Tea and Chat with the OT - Sarah Bradley (All)
2:00-2:30 PM	Opening Up Awareness - Richard Husseiny (All)				
3:00-3:30 PM	Beginners Weights - Ross Cooper (2/3+)				
3:00-4:00 PM			Community Session (Check Momenca) - Various (All)		
3:30-4:00 PM				Community Social - Various (All)	Community Social - Various (All)

				(Alternate Thur/Fri -Check Momence)	(Alternate Thur/Fri -Check Momence)
4:30-5:00 PM			Soothing Sounds and Deep Relaxation - Kate Knowles (0)		Breathe - Hannah Dallison (0+)
5:00-5:30 PM				Mindfulness Drop-in - Annie McAuley (All)	
7:30-8:30 PM		Breathe, Stretch, Snooze - Caroline Phipps (1)			
7:45-8:30 PM	Stretch and Snooze - Gillian Shippey (2)				
8:00-8:30 PM				Yoga Nidra - Caroline/Nadin e/ Jackie (0)	
8:00-9:00 PM			Yoga for Deep Sleep - Suzy Bolt (1+)		
9:30-10:00 PM		Breathe - Jennifer Brown (All)			