❄️🎄Holiday Season Timetable 2025🎄❄️

22nd December 2025 - 3rd January 2026

Here is a summary of our timetable over the holiday season. There are only 2 weekdays that sessions are not running. December 25th and January 1st.

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

FREE CLASSES - we have a selection of classes that are free for everyone to join live, so take a look below and book yourself on if you are not already!

Please note:

On-demand - The speed of uploading to the On-demand library over this time will be slower than usual. Please sign up to a class to receive the recording link immediately after. If you have On-demand membership, take a look and get signed up to the Free classes to get the links. You can also pay for any other individual classes that you wish to attend live/receive the link immediately following the class.

Time changes - A couple of sessions have time changes just for a particular session, see the notes on the timetable below.

Take me to the timetable online to book

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 (U.K.)	Mon 22nd	Tue 23rd	Wed 24th	Thur 25th	Fri 26th	Sun 28th
7:45-8:15 AM	Morning Yoga Practice: Set Your Intention - Suzy Bolt (3+)					
8:00-8:30 AM		Tuesday Mindfulness - Annie McAuley (0+) FREE				
8.45-9:30 AM		General Yoga - Suzy Bolt (3+)				
9:00-9:30 AM	Strength Building with Weights - Chloe Stephens (3+)		Qi Gong - Laura Dannequin (2/3) FREE			
10:30-11:15 AM		Rest, Repair, Recover (RRR) - Suzy and Ross (0+) FREE				
11:00-11:30 AM	Yoga Nidra (Deep Guided Rest) – Nadine/Caroline/Jackie (0+)		Breathe - Caroline (0+) FREE			
1:00-2.00 PM						
1.30-2.30 PM						
2:00-2:30 PM	Opening Up Awareness - Richard Husseiny (All)					
3:00-3:30 PM						
3:00-4:00 PM						
3:30-4:00 PM		Skills and Drills for Brain Health - Hannah Dallison				

		(2+) NB: **TIME CHANGE**				
4:30-5:00 PM					Breathe - Hannah Dallison (0+) **FREE**	
5:00-5:30 PM						
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						
8:00-9:00 PM						
8.30-9.00 PM						Breathe - Matt Bromley (All)
9:30-10:00 PM		Breathe - Jennifer Brown (All)				

Time (U.K.)	Mon 29th	Tue 30th	Wed 31st	Thur 1st	Fri 2nd	Sat 3rd	Sun 4th
7:45-8:15 AM	Morning Yoga Practice: Set Your Intention - Suzy Bolt (3+)				Mind body reset -Nadine Watton (2+)		
8:00-8:30 AM		Tuesday Mindfulness - Annie McAuley (0+)					
8.45-9:30 AM		General Yoga - Suzy Bolt (3+)					
9:00-9:30 AM	Strength Building with Weights - Chloe Stephens (3+)		Qi Gong - Laura Dannequin (2/3) FREE		Gentle Yoga: End of Week Wind Down - Suzy Bolt (2+) (1hr)		
10:00-10:30 AM			Soothing Sounds and Deep Relaxation - Kate Knowles (0) FREE NB: TIME CHANGE THIS DAY ONLY				
10:30-11:15 AM		Rest, Repair, Recover (RRR) - Suzy and Ross (0+)					
11:00-11:30 AM	Yoga Nidra (Deep Guided Rest) – Nadine/C		Breathe - Caroline (0+) FREE			Community Film Club - hosted by Alison Fox (11:00 AM-12:00 PM)	

	aroline/Jackie (0+)					(All)	
1:00-2.00 PM							
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							
3:30-4:00 PM							
4:30-5:00 PM		Skills and Drills for Brain Health - Hannah Dallison (2+)			Breathe - Hannah Dallison (0+)		
5:00-5:30 PM							
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							
8:00-9:00 PM							
8.30-9.00 PM							Breathe - Matt Bromley (All)
9:30-10:00 PM		Breathe - Jennifer Brown (All)					
