



## 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 or [Suzybolt.com](http://Suzybolt.com) website) and courses (see [Suzybolt.com](http://Suzybolt.com) 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 (U.K.)	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
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+)				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)	Pilates - Jo Perkins - 45mins (3)	Gentle Yoga: End of Week Wind Down - Suzy Bolt (2+) (1hr)	
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)	Community Social - Various (All) (Alternate Thur/Fri -Check Mومence)	
1:00-2.00 PM				Rest, Repair, Recover (RRR) - Suzy and Ross (0+)		
1.30-2.30 PM					Sound Healing with Manoj (Monthly - check	

					Momence) (0+) Gentle Body Wisdon - Eloise (Monthly - check Momence) (0+)	
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 Momence) - Various (All)			
3:30-4:00 PM				Community Social - Various (All) (Alternate Thur/Fri -Check Momence)		
4:30-5:00 PM		Skills and Drills for Brain Health - Hannah Dallison (2+)	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/Nad		

				ine/ Jackie (0)		
8:00-9:00 PM			Yoga for Deep Sleep - Suzy Bolt (1+)			
8.30-9.00 PM						Breathe - Matt Bromley (All)
9:30-10:00 PM		Breathe - Jennifer Brown (All)				