



Weekly Rest, Repair, Retain Timetable

Welcome to our weekly timetable. This is an example of what is on offer throughout the week for those members with the Rest, Repair, Retain Live membership. 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](https://www.suzybolt.com) website) and courses (see [Suzybolt.com](https://www.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)

Note that some levels will have a + after the number in the timetable, this means that higher level options may be offered in the 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
7:45-8:15 AM	Morning Yoga Practice Suzy bolt (3+)				End of week Mind Body Reset Nadine (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	Rebuilding Strength with Weights Chloe Stephens (3+)		Qi Gong Laura Dannequin (2+)	Pilates Jo Perkins 45mins (3)	Gentle Yoga: End of Week Wind Down Suzy Bolt (2+) (1hr)	
10:30 -11:15 AM						
11:00-11:30 AM	Yoga Nidra (Deep Guided Rest) Caroline/Jackie/Astrid (0)		Breathe Jackie Baxter (0+)	Tapping Hayley Frankland (0)		
1:00-2.00 PM						
1.30-2.30 PM					Sound Healing Manoj (Monthly - check Momenca) (0+)	
2:00-2:30 PM						
3:00-3:30 PM	Beginners Weights Chloe Stephens (2+)					
3:00-4:00 PM						
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 (0+)		
7:30-8:30 PM		Breathe, Stretch, Snooze Caroline Phipps (1)				

7:45-8:30 PM	Stretch and Snooze Gillian Shippey (1+)					
8:00-8:30 PM				Yoga Nidra Caroline/Astrid/Jackie (0)		
8:00-9:00 PM			Yoga for Deep Sleep Suzy Bolt (1+)			Breathe Matt Bromley (0+) 30 mins
9:30-10:00 PM		Breathe Jennifer Brown (0+)				