

monday

tuesday

wednesday

thursday

friday

saturday

sunday

# class timetable



Classes and teachers are subject to occasional change. To confirm our current class timetable please visit [embodywellness.co.uk](http://embodywellness.co.uk).

### drop-in prices

£16.00 | 45 min  
 £18.00 | 60 min  
 £20.00 | 75 min

### class passes (valid for 3 months)

5 hours | £ 81.00 save 10%\*  
 10 hours | £153.00 save 15%\*  
 15 hours | £216.00 save 20%\*  
 20 hours | £270.00 save 25%\*  
 25 hours | £315.00 save 30%\*

\*based on the drop-in rate of £18.00 for a 60-minute class.

### class levels

green dot - suitable for beginners

					9.30 - 10.30 am pilates level 1-2 john ●	9.30 - 10.30 am pilates level 1-2 susie ●
	10.00 - 11.00 am bodycare pilates john ●	10.00 - 11.00 am gentle yoga renée ●	10.00 - 11.00 am bodycare pilates john ●			
12.00 - 12.45 pm pilates level 1-2 john ●		11.30 - 12.15 pm chair yoga flo ●	12.15 - 1.00 pm circuit & stretch tim ●		10.45 - 12.00 pm morning flow allie	10.45 - 12.00 pm morning flow tim
	12.30 - 1.15 pm strength & flexibility kelly ●	12.30 - 1.15 pm strength & flexibility flo ●	1.15 - 2.00 pm lunchtime yoga renée ●	12.30 - 1.15 pm dynamic pilates susie	12.15 - 1.15 pm dynamic pilates susie	12.15 - 1.15 pm strength & flexibility tim ●
1.15 - 2.00 pm circuit & stretch tim ●		1.30 - 2.30 pm mother & baby flo ●			1.30 - 2.30 pm gentle yoga heather ●	
6.00 - 7.00 pm dynamic pilates susie	6.00 - 7.00 pm yoga flow tim	5.30 - 6.45 pm pregnancy yoga mariella ●	5.45 - 6.45 pm pilates level 1-2 john ●			
7.15 - 8.15 pm yoga flow allie	7.15 - 8.15 pm gentle yoga tim ●	7.00 - 8.00 pm sculpt fusion natalie ●	7.00 - 8.00 pm yang yin yoga heather ●			

For full information and to purchase passes please visit [embodywellness.co.uk](http://embodywellness.co.uk) or call us on 020 7099 0048.

## Our class styles

**bodycare pilates.** Looking to improve your posture, balance, core strength and general mobility? These classes are the ideal starting point, and are particularly well-suited to anyone recovering from an injury, suffering from back pain, living with medical conditions such as arthritis, or simply wanting a safe and gentle return to a fitness programme. Suitable for all ages and all levels of fitness.

**chair yoga.** Chair yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It is designed to make yoga accessible to individuals who may have mobility issues or find it challenging to perform traditional yoga poses on the floor. Chair yoga typically involves a series of gentle stretches, breathing exercises, and relaxation techniques that help improve flexibility, reduce stress, and promote overall well-being.

**circuit & stretch.** Circuit training Embody-style! This class is all about challenging yourself as you work through a series of individual stations focused on improving strength and fitness using a mixture of body weight and equipment. Finishing with an extended session of stretching, it's the perfect all-rounder.

**dynamic pilates.** With a strong focus on improving body shape, strength and definition, this dynamic, results-driven class combines classical pilates with elements of barre, endurance exercises and functional training to effectively boost overall fitness and wellbeing. Suitable for all levels.

**gentle yoga.** This class is ideal for beginners as well as more advanced students wanting to review the fundamentals of yoga. Our friendly and knowledgeable teacher will guide you through gentle yoga sequences with an emphasis on correct alignment and proper breathing techniques. A great way to discover the many benefits of yoga practice.

**lunchtime yoga.** Our lunchtime version of vinyasa flow, this energising class builds strength, endurance and flexibility, and is a great way to refresh and recharge in the middle of the day. Suitable for all levels except complete beginners.

**morning flow.** Make the most of the day ahead with this uplifting and energising vinyasa flow class. Open to all levels except complete beginners, the class is ideal for developing strength, balance and flexibility while helping to focus and calm the mind. A perfect way to start your day.

**mother & baby.** Drawing on elements of both yoga and pilates, this class is the ideal way to regain and improve your fitness after giving birth. Classes are friendly, welcoming and relaxed, and are a great way to meet new friends. No yoga or pilates experience necessary.

**pilates.** The pilates method is all about improving core strength, flexibility, muscle tone, balance & body awareness. It's ideal for anyone wanting to correct bad postural habits, overcome back problems, improve athletic performance or simply increase their general levels of fitness & wellbeing.

*level 1-2: ideal both for beginners and those wanting to progress their Pilates practice with the introduction of more challenging exercises*

**pregnancy yoga.** Embody's pregnancy yoga classes are friendly, fun and filled with the encouragement and support so important during this very special time in your life. They require no previous yoga experience and are a great way to become birth-fit while pampering yourself a little and supporting good sleep patterns and general relaxation. Suitable from week 14 to birth with GP or midwife approval.

**sculpt fusion.** Join our Sculpt class, a dynamic fusion of low-impact cardio, yoga, Pilates and strength training, set to an upbeat playlist and designed to provide a full-body, high-intensity workout that leaves you feeling stronger, revitalized, and rejuvenated. An effective, challenging and fun fitness class suitable for all levels.

**strength & flexibility.** This class is all about helping your body function at its best through a combination of yoga and Pilates-based strength and mobility exercises focused on improving range of motion, endurance, core stability and muscle tone.

**yang yin yoga.** Blending Yang (fire, masculine, external) and Yin (cooling, feminine, internal), this beautifully balanced class is open to all levels of ability and experience. Commencing with the Yang element of the class, we build heat through vinyasa sequences before transitioning to the Yin element where the focus is on releasing and stretching. The class finishes with a relaxing restorative pose accompanied by crystal sound therapy to soothe and rejuvenate.

**yoga flow.** This dynamic, flowing class moves you steadily through breath-synchronised vinyasa sequences. Expect a strong and challenging session designed to leave you feeling grounded, rejuvenated and energised. Suitable for intermediate and more advanced practitioners.