

Studio 1

TIME	FRI	SAT	SUN
07:30 - 08:30	MIND PILATES	-	-
08:45 - 09:45	-	-	-
10:00 - 11:00	-	-	-
11:00 - 16:00	*	-	-
16:15 - 17:15	GENTLE FLOW YOGA	-	-
17:30 - 18:30	VINYASA YOGA	-	AYURVEDA YOGA
18:45 - 19:45	PILATES	-	YIN YOGA

Studio 2

TIME	FRI	SAT	SUN
08:00 - 09:00	-	-	-
09:15 - 10:15	-	VINYASA YOGA	HOT MIND PILATES
10:30 - 11:30	-	BEGINNERS YOGA	-
11:30 - 16:30	*	-	-
16:45 - 17:45	-	-	-
18:00 - 19:00	HOT YOGA	FULL MOON WORKSHOP WITH ZARIA	PILATES
19:15 - 20:15	VINYASA YOGA		HOT YOGA

**Community, corporate, and rental slots are available during these times. For more information, please visit www.gongspace.co.uk.*

Week Beginning 4th August 2025

Studio 3

TIME	FRI	SAT	SUN
08:30 - 09:30	SOUND THERAPY*	AERIAL BEGINNERS	-
09:45 - 10:45		AERIAL YOGA	-
11:00 - 12:00		SOUND THERAPY*	SOUND THERAPY*
12:15 - 13:15			
13:30 - 14:30			
14:45 - 15:45			
16:00 - 17:00			
17:15 - 18:15	AERIAL YOGA	-	-
18:30 - 19:30	AERIAL STRETCH	SOUND BATH	-

**Sound Therapy - At Gong Space, we offer a unique sound immersion experience held in our dedicated studio.
For more information, please visit our website.*

Week Beginning 11th August 2025

Studio 1

TIME	FRI	SAT	SUN
07:30 - 08:30	MIND PILATES	-	-
08:45 - 09:45	-	-	-
10:00 - 11:00	-	-	-
11:00 - 16:00	*	-	-
16:15 - 17:15	GENTLE FLOW YOGA	-	-
17:30 - 18:30	VINYASA YOGA	-	AYURVEDA YOGA
18:45 - 19:45	PILATES	-	YIN YOGA

Studio 2

TIME	FRI	SAT	SUN
08:00 - 09:00	-	-	-
09:15 - 10:15	HOT YOGA	VINYASA YOGA	HOT MIND PILATES
10:30 - 11:30	BEGINNERS YOGA	GENTLE FLOW YOGA	CHAKRA AWAKENING WORKSHOP WITH VALARIA
11:30 - 16:30	*	HOLY FIRE WORKSHOP	
16:45 - 17:45	-	RESTORATIVE YOGA WORKSHOP WITH KAT	-
18:00 - 19:00	HOT YOGA		PILATES
19:15 - 20:15	VINYASA YOGA	-	HOT YOGA

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Week Beginning 11th August 2025

Studio 3

TIME	FRI	SAT	SUN
08:30 - 09:30	SOUND THERAPY*	AERIAL BEGINNERS	-
09:45 - 10:45		AERIAL YOGA	-
11:00 - 12:00		SOUND THERAPY*	SOUND THERAPY*
12:15 - 13:15			
13:30 - 14:30			
14:45 - 15:45			
16:00 - 17:00			
17:15 - 18:15	AERIAL YOGA	-	-
18:30 - 19:30	AERIAL STRETCH	RESTORATIVE DRUM WORKSHOP WITH KATIE	SOUND BATH

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AUGUST CLASS TIMETABLE

Studio 1

TIME	FRI	SAT	SUN
07:30 - 08:30	MIND PILATES	-	-
08:45 - 09:45	VINYASA YOGA	-	-
10:00 - 11:00	STRETCH	-	REIKI LEVEL 1 TRAINING
11:00 - 16:00	*	-	
16:15 - 17:15	GENTLE FLOW YOGA	-	
17:30 - 18:30	VINYASA YOGA	-	AYURVEDA YOGA
18:45 - 19:45	PILATES	-	YIN YOGA

Studio 2

TIME	FRI	SAT	SUN
08:00 - 09:00	-	-	QI GONG
09:15 - 10:15	-	VINYASA YOGA	
10:30 - 11:30	-	GENTLE FLOW YOGA	
11:30 - 16:30	*	-	INTRO TO TANTRA WORKSHOP WITH ANGIE
16:45 - 17:45	-	-	-
18:00 - 19:00	HOT YOGA		PILATES
19:15 - 20:15	VINYASA YOGA	NEW MOON WORKSHOP WITH ZARIA	HOT YOGA

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Week Beginning 18th August 2025

Studio 3

TIME	FRI	SAT	SUN
08:30 - 09:30	SOUND THERAPY*	AERIAL BEGINNERS	-
09:45 - 10:45		AERIAL YOGA	-
11:00 - 12:00		SOUND THERAPY*	-
12:15 - 13:15			-
13:30 - 14:30			-
14:45 - 15:45			-
16:00 - 17:00			-
17:15 - 18:15	AERIAL YOGA	-	-
18:30 - 19:30	AERIAL STRETCH	SOUND BATH	SOUND BATH

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AUGUST CLASS TIMETABLE

Studio 1

TIME	THURS	FRI	SAT	SUN
07:30 - 08:30	VINYASA YOGA	MIND PILATES	-	-
08:45 - 09:45	BEGINNERS YOGA	VINYASA YOGA	-	-
10:00 - 11:00	VINYASA YOGA	STRETCH	-	-
11:00 - 16:00	*	*	BREATHWORK	-
16:15 - 17:15	-	GENTLE FLOW YOGA	-	-
17:30 - 18:30	-	VINYASA YOGA	-	AYURVEDA YOGA
18:45 - 19:45	QI GONG	PILATES	-	YIN YOGA

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Studio 2

TIME	THURS	FRI	SAT	SUN
08:00 - 09:00	M1ND PILATES		-	VINYASA YOGA
09:15 - 10:15	HOT YOGA	HOT YOGA	VINYASA YOGA	HOT YOGA
10:30 - 11:30	HOT YOGA	BEGINNERS YOGA	GENTLE FLOW YOGA	GUT HEALTH WORKSHOP WITH AMRITA
11:30 - 16:30	*	*	-	
16:45 - 17:45	PILATES	-	-	-
18:00 - 19:00	HOT YOGA	HOT YOGA	RESTORATIVE YOGA & SOUND WORKSHOP WITH VALARIA	PILATES
19:15 - 20:15	VINYASA YOGA	VINYASA YOGA		HOT YOGA

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AUGUST CLASS TIMETABLE

Studio 3

TIME	THURS	FRI	SAT	SUN
08:30 - 09:30	-	SOUND THERAPY*	-	AERIAL BEGINNERS
09:45 - 10:45	-		-	AERIAL STRETCH
11:00 - 12:00	-		SOUND THERAPY*	HYPNO-REIKI WORKSHOP WITH DONNA
12:15 - 13:15	-			-
13:30 - 14:30	-			-
14:45 - 15:45	-			-
16:00 - 17:00	-			-
17:15 - 18:15	-		-	-
18:30 - 19:30	-	SOUND BATH	SOUND BATH	

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SEPTEMBER TIMETABLE

*This is our current class timetable.
We are still in the process of recruiting additional practitioners, so while we don't anticipate significant changes, some sessions or times may be subject to adjustment.
We anticipate this timetable will begin the week starting 1st September, but this is subject to change depending on how August unfolds as we gradually build up our schedule.
Thank you for your understanding as we finalise our team and settle into our new rhythm.*

Studio 1

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
07:30 - 08:30	CLOSED	PILATES	*	VINYASA YOGA		VINYASA YOGA	
08:45 - 09:45		QI GONG	*	BEGINNERS YOGA	BEGINNERS YOGA	GENTLE FLOW YOGA	HATHA YOGA
10:00 - 11:00		VINYASA YOGA	*	VINYASA YOGA	STRETCH	TRAINING	TRAINING
11:00 - 16:00		*	*	*	*		
16:15 - 17:15		MEDITATION	STRETCH YOGA	BREATHWORK	GENTLE FLOW YOGA		AYURVEDA YOGA
17:30 - 18:30		BREATHWORK	INTERMEDIATE / ADVANCED YOGA	ASHTANGA YOGA	VINYASA YOGA	-	YIN YOGA
18:45 - 19:45		RESTORATIVE YOGA	YIN YOGA	QI GONG	PILATES	-	-

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SEPTEMBER TIMETABLE

Studio 2

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:00 - 09:00	CLOSED	PILATES	*	PILATES			VINYASA YOGA
09:15 - 10:15		HOT YOGA	*	HOT YOGA	HOT YOGA	VINYASA YOGA	HOT YOGA
10:30 - 11:30		STRETCH	*	HOT YOGA	BEGINNERS YOGA	BEGINNERS YOGA	PILATES
11:30 - 16:30		*	*	WORKSHOPS**	*	WORKSHOPS**	WORKSHOPS**
16:45 - 17:45		VINYASA YOGA	PILATES	HOT YOGA	PILATES	WORKSHOP**	WORKSHOP**
18:00 - 19:00		HOT YOGA	VINYASA YOGA	PILATES	VINYASA YOGA	WORKSHOP**	PILATES
19:15 - 20:15		PILATES	HOT YOGA	VINYASA YOGA	HOT YOGA	WORKSHOP**	HOT YOGA

*Community, corporate, and rental slots are available during these times. For more information, please visit www.gongspace.co.uk.

**Workshops - A wide variety of workshops will be available, priced individually and not included in memberships or packages.
Visit our website to see what's coming up

Studio 3

SEPTEMBER TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN	
08:30 - 09:30	CLOSED	AERIAL BEGINNERS	AERIAL STRETCH			AERIAL BEGINNERS	AERIAL STRETCH	
09:45 - 10:45		AERIAL STRETCH	AERIAL YOGA	SOUND THERAPY*	SOUND THERAPY*	AERIAL STRETCH	AERIAL YOGA	
11:00 - 12:00		-	-			SOUND THERAPY*	SOUND THERAPY*	WORKSHOPS
12:15 - 13:15		-	-					
13:30 - 14:30		CORPORATE	CORPORATE					
14:45 - 15:45								
16:00 - 17:00		-	-		WORKSHOPS			
17:15 - 18:15		AERIAL YOGA	AERIAL BEGINNERS	AERIAL YOGA				
18:30 - 19:30			AERIAL SOUND	AERIAL YOGA	SOUND BATH	AERIAL SOUND	SOUND BATH	

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