

Sidcup studio schedule

MONDAY

10:00-11:00
Hatha

12:30-13:30
Somatic Flow

17:00-18:00
Teen Yoga

20:00-21:00
Restorative
Yoga

TUESDAY

07:00-08:00
Hatha Flow

10:00-11:00
Vinyasa Flow

12:00-13:00
Gentle Yoga

18:30-19:30
Pilates

19:45-21:00
Hatha

WEDNESDAY

07:00-08:00
Hatha

08:00-08:30
Meditation
(via Zoom)

09:30-10:30
Pilates

11:15-12:15
Mum & Baby
Yoga

16:30-17:30
Kids Yoga

18:30-19:30
Vinyasa Flow

19:45-20:45
Yin Yoga

THURSDAY

09:30-10:30
Gentle Yoga

11:15-12:00
Chair Yoga

18:30-19:30
Nada Yoga

20:00-21:00
Hatha

FRIDAY

07:00-8:00
Hatha

08:00-08:30
Meditation
(via Zoom)

10:00-11:00
Hatha Flow

18:30-19:45
Yin & Yoga
Nidra

SATURDAY

08:00-09:15
Hatha

09:30-10:30
Chakra
Meditation

09:30-10:30
Vinyasa Flow

11:15-12:15
Pregnancy
Yoga

SUNDAY

10:00-11:00
Power Yoga

11:30-12:45
Hatha

Intro Offers!

Regular classes: 20
days unlimited = £35

Hot Yoga: 5 classes in
30 days = £45



Bexley studio schedule

MONDAY

10:15-11:15
Vinyasa Flow

12:00-13:00
Gentle Yoga

18:00-19:15
Hot Yoga

19:45-21:00
Hatha

TUESDAY

10:00-11:00
Community
Yoga (FREE)

18:00-19:00
Power Yoga

19:45-20:45
Hot Yoga

WEDNESDAY

08:00-08:30
Meditation
(via Zoom)

09:45-10:45
Power Yoga

18:30-19:30
Restorative
& Sound

20:00-21:00
Hatha

THURSDAY

10:00-11:00
Vinyasa Flow

11:15-12:15
Mum & Baby
Yoga

18:15-19:15
Flow to Restore

20:00-21:00
Hot Yoga

FRIDAY

08:00-08:30
Meditation
(via Zoom)

10:30-11:30
Pilates

12:00-13:00
Community
Yoga (FREE)

17:45-18:45
Dynamic
Vinyasa

19:15-20:30
Candlelit Flow
& Sound

SATURDAY

09:00-10:15
Hot Yoga

10:45-11:45
Pilates



09:00-10:15
Hot Yoga

10:45-11:45
Vinyasa Flow

11:30-12:45
Hot Yoga

Book a class:

calmcollective.com/book

  @calmcollectiveyoga