

# 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

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

19:30-21:00  
Hot Yoga  
(intermediate)

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

07:00-07:45  
Sunrise Flow

10:15-11:15  
Vinyasa Flow

12:00-13:00  
Gentle Yoga

18:15-19:15  
Hot Yoga

19:45-21:00  
Hatha

## TUESDAY

18:00-19:00  
Power Yoga

19:45-20:45  
Hot Yoga

## WEDNESDAY

06:45-07:45  
Sunrise Flow

09:45-10:45  
Power Yoga

18:30-19:30  
Hatha

20:00-21:00  
Restorative  
& Sound

## THURSDAY

10:00-11:00  
Vinyasa Flow

17:00-17:55  
Yoga for Young  
Women (age  
16-25)  
with disabilities

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

**SUNDAY**  
09:25-10:35  
Hot Yoga

11:00-12:00  
Vinyasa Flow