



Kalm

MONDAY

STUDIO 1

MATT CLASSES

10:15 - 11:00
Yin Yoga

18:00 - 18:45
Hatha Yoga

19:00 - 19:45
Heated Yoga Flow

STUDIO 2

REFORMER CLASSES

07:15 - 08:00
Reformer

08:15 - 09:00
Reformer

09:15 - 10:00
Reformer

Kalm

TUESDAY

STUDIO 1

MATT CLASSES

07:15 - 08:00
Pilates Sculpt

08:15 - 09:00
Power Pilates

09:15 - 10:00
Hot Pilates

10:15 - 11:00
Yoga Flow

11:15 - 12:00
Yin Yoga

12:15 - 13:00
Pilates Sculpt

13:00 - 13:45
Vinyasa Yoga

14:30 - 15:15
Hot Pilates

15:15 - 16:00
Gentle Somatic Yoga

17:00 - 17:45
Yin Yoga

19:00 - 19:45
Pilates Sculpt

20:00 - 20:45
Hot Pilates

STUDIO 2

REFORMER CLASSES

07:15 - 08:00
Reformer Strength

08:15 - 09:00
Reformer Strength

09:15 - 10:00
Reformer Strength

13:45 - 14:30
Reformer

16:00 - 16:45
Reformer

18:00 - 18:45
Reformer

19:00 - 19:45
Reformer

Kalm

WEDNESDAY

STUDIO 1

MATT CLASSES

07:15 - 08:00
Pilates Sculpt

08:15 - 09:00
Power Pilates

09:15 - 10:00
Hot Pilates

11:15 - 12:00
Hatha Yoga

17:00 - 17:45
Hot Pilates

18:00 - 18:45
Heated Yoga Flow

19:00 - 19:45
Pilates Sculpt

20:00 - 20:45
Pilates Sculpt

STUDIO 2

REFORMER CLASSES

07:15 - 08:00
Reformer

08:15 - 09:00
Reformer

09:15 - 10:00
Reformer

18:00 - 18:45
Reformer

19:00 - 19:45
Reformer

20:00 - 20:45
Reformer

Kalm.

THURSDAY

STUDIO 1

MATT CLASSES

07:15 - 08:00
Pilates Sculpt

08:15 - 09:00
Power Pilates

09:15 - 10:00
Hot Pilates

10:15 - 11:00
Stretch & Restore

11:15 - 12:00
Power Pilates

12:15 - 13:00
Hot Pilates

18:00 - 18:45
Heated Yoga Flow

19:00 - 19:45
Hot Pilates

20:00 - 20:45
Pilates Sculpt

STUDIO 2

REFORMER CLASSES

07:15 - 08:00
Reformer Strength

08:15 - 09:00
Reformer Strength

09:15 - 10:00
Reformer Strength



Kalm

FRIDAY

STUDIO 1

MATT CLASSES

09:15 - 10:00
Power Yoga

10:15 - 11:00
Yoga Flow

11:15 - 12:00
Power Pilates

STUDIO 2

REFORMER CLASSES

07:15 - 08:00
Reformer Strength

08:15 - 09:00
Reformer Foundations

12:15 - 13:00
Reformer Strength



Kalm.

SATURDAY

STUDIO 1

MATT CLASSES

08:15 - 09:00
Pilates Sculpt

.....

09:15 - 10:00
Power Pilates

.....

10:15 - 11:00
Hot Pilates

.....

11:15 - 12:00
Power Pilates

24 Commercial St, Brighthouse HD6 1AQ
www.kalm.world



Kalm


SUNDAY

STUDIO 1

MATT CLASSES

07:15 - 08:00
Mat Pilates

08:15 - 09:00
Mat Pilates



24 Commercial St, Brighthouse HD6 1AQ
www.kalm.world