Membership Schedule

Booking

£15 Drop in
£55 for 5 sessions
£69 for unlimited

Text 07480736824
Or email studio@joyyogawellness.co.uk

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07.00 AM - 08.00 AM					Modified Ashtanga Margaux / Lou		
09.30 AM - 10.30 AM				Ashtanga Margaux / Joy			
10.00 AM - 11.00 AM			Ashtanga Renee				
11.00 AM - 12.00 PM						Vinyasa Flow Joy 11.15-12.15pm	Modified Ashtanga Lou
18.00 PM - 19.00PPM	Vinyasa Flow Joy	Ashtanga Flow Joy					Yin Yoga Kat
19.30 PM - 20.30 PM				Yin Yoga Joy			
20.00 PM - 21.00 PM			Warm Restorative Daisy		Hatha Yoga Kat		