



# Membership Schedule

*Booking*

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

Text 07480736824

Or email [studio@joyyogawellness.co.uk](mailto:studio@joyyogawellness.co.uk)

| TIME                | MONDAY               | TUESDAY              | WEDNESDAY                 | THURSDAY                     | FRIDAY                             | SATURDAY                          | SUNDAY          |
|---------------------|----------------------|----------------------|---------------------------|------------------------------|------------------------------------|-----------------------------------|-----------------|
| 07.00 AM - 08.00 AM |                      |                      |                           |                              | Modified Ashtanga<br>Margaux / Lou |                                   |                 |
| 8.30 AM - 9.30AM    | Ashtanga Flow<br>Lou |                      |                           |                              |                                    |                                   |                 |
| 09.30 AM - 10.30 AM |                      |                      |                           | Modified Ashtanga<br>Margaux |                                    |                                   |                 |
| 10.00 AM - 12.15 AM |                      |                      | Ashtanga<br>Renee 10-11am |                              |                                    | Vinyasa Flow<br>Joy 11.15-12.15pm |                 |
| 18.00 PM - 19.00PPM | Vinyasa Flow<br>Joy  | Ashtanga Flow<br>Joy |                           |                              |                                    | Restorative<br>Daisy              | Yin Yoga<br>Kat |
| 19.30 PM - 20.30 PM |                      |                      |                           | Yin Yoga<br>Joy              |                                    |                                   |                 |
| 20.00 PM - 21.00 PM |                      |                      | Warm Restorative<br>Daisy |                              | Hatha Yoga<br>Kat                  |                                   |                 |