



# Membership June 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	Warm Vinyasa Flow Daisy				Warm Modified Ashtanga Margaux		
09.30 AM - 10.30 AM				Warm Modified Ashtanga Margaux			
11.00 AM - 12.00 PM			Warm Ashtanga Renee				
16.00 PM - 17.00 PM							
18.00 PM - 19.00PPM	Warm Vinyasa Flow Joy (No class on 15/6)	Warm Vinyasa Flow Joy				Warm Restorative Daisy	Warm Yin Yoga Kat
19.30 PM - 20.30 PM			Warm Yin Yoga Joy (No class on 17/6)	Warm Yin Yoga Joy			
20.00 PM - 21.00 PM			Warm Restorative Daisy (17/6)		Hatha Yoga Kat		