



# Membership April 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 (17 & 24 April )	
09.30 AM - 10.30 AM			Warm Ashtanga Renee	Warm Modified Ashtanga Margaux (16, 23, 30 April )			
16.00 PM - 17.00 PM							
18.00 PM - 19.00PPM	Warm Vinyasa Flow Joy	Warm Vinyasa Joy	Sound Healing Hannah (1 & 22 April) 18-19.15pm			Warm Restorative Daisy	Warm Yin Yoga Kat
19.30 PM - 20.30 PM				Warm Yin Yoga Joy			
20.00 PM - 21.00 PM						Hatha Yoga Kat	