



Membership May 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	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	Warm Vinyasa Flow Joy				Warm Restorative Daisy	Warm Yin Yoga Kat
19.30 PM - 20.30 PM				Warm Yin Yoga Joy			
20.00 PM - 21.00 PM			Warm Restorative Daisy		Hatha Yoga Kat		