

Joy Yoga Centre:

Class Schedule Summer 2025

	8:30 am	6:00 pm
Monday	Private	Private
Tuesday	Joy Yoga!	Joy Yoga!
Wednesday	Private	Private
Thursday	Joy Yoga!	Joy Yoga!
Friday	Private	-
Saturday	Yoga for Men	-

- **Joy Yoga!** - 90 minutes mindfulness-based Hatha Yoga classes suitable for absolute beginners to seasoned veterans, in person + Online via Zoom App.
- **Private Yoga** - Yoga tailored to your specific needs and in the privacy of your own home, office, or at JYC in Montana. **Booking Essential!**
- **Yoga for Men** – Yoga tailored to the specifics of manhood! In person only!

New students - please notify Wynand = 082 562 1892 in advance via WhatsApp if you'd like to attend your first class.

Please note: As a viable alternative to the live in-person classes at the studio, we simultaneously record and broadcast the Yoga classes via the Zoom platform. These recorded sessions can be made available upon request, if maybe you aren't able to join the live class / broadcast for whatever reason. You will then be able to download / stream the class and practice in the comfort of your own home at a more suitable time. **Yoga, anywhere, anytime!**