

Red Yoga

Weekly Schedule Tunbridge Wells Studio

Monday 9:30 until 10:30 mixed ability group class
Monday 19:00 until 20:00 mixed ability group class

Tuesday 12:00 until 13:00 mixed ability group class

Wednesday no group classes

Thursday 9:30 until 10:30 mixed ability group class

Friday 9:30 until 10:30 mixed ability group class

If you would like to book a group class you have 3 options:

Book online at www.redyogakent.com

Call Donna directly on 07759 088 686

Email Donna: red.yoga@yahoo.com

Alternatively if you would like to book a private class this needs to be done directly with Donna by call or email.

Many clients wish to have one on one lessons. I currently give 10 to 15 private lessons a week around my group lessons so please get in touch to discuss a time that would suit you.