

Red Yoga

Weekly Schedule

Tunbridge Wells Studio	
Monday	9:30 until 10:30 mixed ability group class
Monday	19:30 until 20:30 mixed ability group class
Tuesday	12:00 until 13:00 slow, mellow group class
Tuesday	17:00 until 17:30 kids group class ages 6-11 - Term time only
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 lesson's so please get in touch to discuss a time that would suit you.