

SOLUNA YOGA+SPA

4154 Herschel Street JAX, FL 32210

P: 680-7344

Fall 2017

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	Recharge w/Jay 6-7:00am		Recharge w/Jay 6-7:00am			Renew Yoga w/Victoria 8:30-9:45am
					Recharge w/Melissa 9-10:15am	
	Yoga Therapy w/Dori 11am-12:15pm	Yin/Yang Yoga w/Elizabeth 11am-12:15pm	Renew Yoga w/Katie 11am-12:15pm	Yin/Yang Yoga w/Katie 11am-12:15pm		
Chair Yoga w/Elizabeth 2:30-3:45pm						
Yoga Therapy w/Dori 6:15-7:30pm	Prenatal Yoga w/Dori 6-7:15pm	Recharge w/Kristina 6-7:15pm	Reset <i>(Yoga Nidra)</i> w/Hannah 6:15-7:15pm	Renew+Restore w/Tamara 6:15-7:30pm		Renew+Restore w/Hannah 6:15-7:30pm
	Restore Yoga w/Dori 7:30-8:45pm	Yin Yoga w/Elizabeth 7:30-8:45pm	Restore Yoga w/Victoria 7:30-8:45pm			

To Pre-Register and for Class Descriptions, visit us at www.SolunaYogaSpa.com
Pre-Registration for classes is encouraged.