

# SOLUNA YOGA+SPA

4154 Herschel Street JAX, FL 32210

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*New Year Schedule 2017*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	<b>Recharge</b> w/Darcy  <b>6-7:00am</b>		<b>Recharge</b> w/Darcy  <b>6-7:00am</b>			<b>Renew</b> w/Victoria  <b>8:30-9:45am</b>
					<b>Recharge</b> w/Dr. Marie  <b>9-10:15am</b>	<b>Sivananda</b> w/Melissa  <b>10-11:30am</b>
	<b>Yoga Therapy</b> w/Dr. Marie  <b>11am-12:15pm</b>	<b>Renew</b> w/Elizabeth  <b>11am-12:15pm</b>	<b>Amrit (I AM)</b> <b>Yoga</b> w/Dr. Marie <b>11am-12:15pm</b>	<b>Yin Yoga</b> w/Darcy  <b>11am-12:15pm</b>		
<b>Chair Yoga</b> w/Elizabeth <b>2:30-3:45pm</b>						
	<b>Renew</b> w/Victoria  <b>4:30-5:45pm</b>			<b>Sivananda</b> w/Melissa  <b>4:30-6pm</b>		
<b>Yoga Therapy</b> w/Dr. Marie  <b>6:15-7:30pm</b>	<b>Prenatal Yoga</b> w/Dori  <b>6-7:15pm</b>	<b>Recharge</b> w/Dori  <b>6-7:15pm</b>	<b>Reset</b> <i>(Yoga Nidra)</i> w/Dr. Marie <b>6:15-7:15pm</b>	<b>Renew+Restore</b> w/Nicole  <b>6:15-7:30pm</b>		<b>Silent Restore</b> w/Tamara  <b>6:15-7:30pm</b>
	<b>Restore Yoga</b> w/Dori  <b>7:30-8:45pm</b>	<b>Yin Yoga</b> w/Elizabeth  <b>7:30-8:45pm</b>	<b>Restore</b> w/Victoria  <b>7:30-8:45pm</b>			

To Pre-Register and for Class Descriptions, visit us at [www.SolunaYogaSpa.com](http://www.SolunaYogaSpa.com)

*Pre-Registration for classes is encouraged.*