

SOLUNA YOGA+SPA

4154 Herschel Street JAX, FL 32210

P: 680-7344

SUMMER 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
						All Levels Yoga w/Victoria 8:30-9:45am
Empower Hour w/Hannah 9:15-10:15am		Empower Hour w/Melissa 9:15-10:15am		Empower Hour w/Melissa or Hannah 9:15-10:15am	Empower Yoga w/Melissa 9-10:15am	
	Yoga Therapy w/Marie 11am-12:15pm	Classical Yoga w/Elizabeth 11am-12:15pm	All Levels Yoga w/Katie 11am-12:15pm	All Levels Yoga w/Katie 11am-12:15pm		
Chair Yoga w/Elizabeth 2:30-3:45pm	Postnatal RE:HAB w/Jen 4:30-5:45pm					
Yoga Therapy w/Dori 6:15-7:30pm	Prenatal Yoga w/Dori 6-7:15pm	Empower Yoga w/Hannah 6-7:15pm	Empower Yoga w/Hannah 6-7:15pm	Gentle+Restore w/Tamara 6:15-7:30pm		Karma Yoga (Donation based) w/Sonya or Rachel 6:15-7:30pm
	Restorative Yoga w/Dori 7:30-8:45pm	Yin Yoga w/Elizabeth 7:30-8:45pm				
Yoga of 12-Step Recovery (Donation Based) w/Deb 8-9:30pm						

To Pre-Register, Class Descriptions, and schedule changes visit us at www.SolunaYogaSpa.com
Pre-Registration for class is not necessary, but encouraged. Class schedule may change.