

SOLUNA YOGA+SPA

4154 Herschel Street JAX, FL 32210

P: 680-7344

SPRING

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
						Gentle 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/Dori 11am-12:15pm	Yin+Yang 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						Mommy & Me 3-24 mths (Excluding 1 st Sundays) w/Patricia 3:30-4:30pm
Yoga Therapy w/Dori 6:15-7:30pm	Prenatal Yoga w/Dori 6-7:15pm	Empower Yoga w/Kristina or Dori 6-7:15pm	Yoga Nidra w/Hannah 6:15-7:15pm	Gentle+Restore w/Tamara 6:15-7:30pm		Gentle+Restore w/Hannah 6:15-7:30pm
	Restorative Yoga w/Dori 7:30-8:45pm	Yin Yoga w/Elizabeth 7:30-8:45pm	Restorative Yoga w/Victoria 7:30-8:45pm			
Yoga of 12-Step Recovery (Donation Based) w/Deb 8-9:30pm						

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

Pre-Registration for class is not necessary, but encouraged.