

SOLUNA YOGA+SPA

4154 Herschel Street JAX, FL 32210

P: 680-7344

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