

SOLUNA YOGA+SPA

4154 Herschel Street JAX, FL 32210

P: 680-7344

Winter 2019

<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
Vinyasa Yoga w/Alexandra 9:30-10:30am		Vinyasa Yoga w/Alexandra 9:30-10:30am		All Levels Yoga w/Danielle 9:30-10:30am	Vinyasa Yoga w/Hannah 9-10:15am	
	Yoga Therapy w/Dr. Marie 11am-12:15pm	Classical Yoga w/Elizabeth 11am-12:15pm	All Levels Yoga w/Hannah 11am-12:15pm	All Levels Yoga w/Samantha 11am-12:15pm		
Chair Yoga w/Elizabeth 2:30-3:45pm	Postnatal RE:HAB w/Jen 4:30-5:45pm			Yin+Yang Yoga and Crystal Bowls w/Christy 4:30-5:45pm		
Yoga Therapy w/Dori 6:15-7:30pm	Prenatal Yoga w/Dori 6-7:15pm	Vinyasa Yoga w/Nicole or Dori 6-7:15pm	Yoga+Mobility w/Hannah 6-7:15pm	Gentle+Restore w/Victoria 6:15-7:30pm		Gentle+Restore w/Sonya 6:15-7:30pm
	Restorative Yoga w/Dori 7:30-8:45pm	Yin Yoga w/Elizabeth 7:30-8:45pm				

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

Pre-Registration for class is not necessary, but encouraged. Class schedule may change.