

Joyful Yoga and Spa

Real Yoga For Real People

3405 Pelican Landing Pkwy
Bonita Springs, FL 34134

New Student Special
\$79 for 30 Days of
Unlimited Yoga!
For New Students Only. No Refunds or
extensions.

Class Rates

Monthly Unlimited (Auto) \$119
5 Class Pack\$85
10 Class Pack\$150
20 Class Pack\$280
Private Session 60min\$90

1 Month Unlimited\$160
Drop In\$20
Drop In (Student with ID) \$10
*Class packages valid for 1 year

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
8:00-9:00 am Mellow Morning Flow Joyce Sharp	7:30-8:30 am Mellow Morning Flow Amy Hutto	8:00-9:00 am Mellow Morning Flow Marti Dowman	7:30-8:30 am Mellow Morning Flow Amy Hutto	8:00-9:00 am Mellow Morning Flow Marti Dowman	8:00-8:45 am Buti Express \$10 drop in (or class package) Emily Chiodo <i>[Music may contain explicit language]</i>	8:00-9:00 am Joyful Flow Natalie Henne
9:00-10:00 am Empower Hour Amey Williams	8:30-9:30 am Empower Hour Carly Dennis	9:00-10:00 am Empower Hour Lizz Cohoon	9:00-10:15 All Levels Chakra Flow Jacqueline Chiodo	9:00-10:00 am Empower Hour Amey Williams	***Starting May 11th This class will start at 10AM	8:30-9:15 am Buti Express \$10 drop in (or class package) Linda Hutzler <i>[Music may contain explicit language]</i>
9:30-10:45 am Yoga Basics & Yoga Nidra Jacqueline Chiodo	9:00-10:15 am Yoga & Meditation Howard Martin	9:30-10:45 am Yoga Basics & Meditation Jacqueline Chiodo	8:45 -10:00 am Yoga & Meditation Howard Martin	9:30-10:45 am Yoga Basics & Yoga Nidra Jacqueline Chiodo	8:30-9:45am Yoga Basics Marti Dowman	9:30-10:45 am Yoga Basics & Meditation Tess Chiodo
10:30-11:30 am BUTI Lite Joyce Sharp	10:45-12:00 pm Gentle Yoga Tess Chiodo	10:30-11:30 BUTI Lite Joyce Sharp	10:45-12:00 pm Gentle Yoga Tess Chiodo	10:30-11:30 am BUTI Lite Joyce Sharp	9:15-10:15 am Joyful Flow Jacqueline Chiodo	10:00- 11:00 am Empower Hour Diana Holding
4:30-5:45 pm Yin Yoga Aurena Green	11:00 -12:00 pm Chair Yoga JoAnne Ralph	5:30-6:30 pm Warm Vinyasa Flow Diana Holding	11:00 -12:00 pm Chair Yoga JoAnn Ralph	5:45-6:30 pm Prenatal Yoga Casey Sodana	10:45- 12:00 pm Gentle Yoga Marti Dowman	11:15-12:30 pm Gentle Yoga Karyl Walter
6:00-7:00 pm BUTI Yoga Sidnie Sharp <i>[Music may contain explicit language]</i>	4:30-5:45 pm Yin Yoga JoAnn Ralph	6:00-7:15 pm Yoga Basics Amey Williams	4:30-5:45 pm Yin & Yoga Nidra Suzanne Kerr	FREE Intro to Meditation With Tess Chiodo First Friday of the Month		
6:15-7:15 pm All Levels Flow Aurena Green	6:00-7:00 pm BUTI Yoga Emily Chiodo <i>[Music may contain explicit language]</i>	6:45-7:45 pm BUTI Yoga Natalie Henne <i>[Music may contain explicit language]</i>	6:00-7:00pm BUTI Yoga Joyce Sharp <i>[Music may contain explicit language]</i>			
	6:15-7:30 pm Restorative Yoga Suzanne Kerr		6:15-7:15 pm All Levels Flow Calantha McMillan			



