

# SOLUNA YOGA+SPA

2105 Park Street Ste. 1 JAX, FL 32204

P: 680-7344

*Summer 2019*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
						<b>All Levels Yoga w/Victoria 8:30-9:45am</b>
<b>Vinyasa Yoga w/Alexandra 9:30-10:30am</b>		<b>Vinyasa Yoga w/Alexandra 9:30-10:30am</b>			<b>Vinyasa Yoga w/Hannah 9-10:15am</b>	
	<b>Yoga Therapy w/Tamara 11am-12:15pm</b>	<b>All Levels Yoga w/Elizabeth 11am-12:15pm</b>	<b>All Levels Yoga w/Hannah 11am-12:15pm</b>	<b>All Levels Yoga w/Samantha 11am-12:15pm</b>		
<b>Chair Yoga w/Elizabeth 2:30-3:45pm</b>	<b>TONE+FLOW w/Jen 4:30-5:30pm</b>					
<b>Yoga Therapy w/Sonya Sol Room 6:15-7:30pm</b>	<b>Prenatal Yoga w/Dori 6-7:15pm</b>	<b>TONE+FLOW w/Dori 6:15-7:15pm</b>	<b>Prenatal Yoga w/Natasha 6-7:15pm</b>	<b>Gentle+Restore w/Christy 6:15-7:30pm</b>		<b>Gentle+Restore w/Sonya 6:15-7:30pm</b>
<b>TONE+FLOW w/Alexandra Luna Room 6:15-7:15pm</b>	<b>Restorative Yoga w/Christy 7:30-8:45pm</b>	<b>Yin Yoga w/Elizabeth 7:30-8:45pm</b>				

To Pre-Register, view class descriptions and schedule updates visit [www.SolunaYogaSpa.com](http://www.SolunaYogaSpa.com)

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