

SOLUNA YOGA+SPA

2105 Park Street Ste. 1 JAX, FL 32204

P: 680-7344

Fall 2019

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

To Pre-Register, view class descriptions and schedule updates visit www.SolunaYogaSpa.com

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