

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

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.*