






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30-9:30am EMPowered Flow w/Becky	
9-10am EMPowered Flow w/Becky				9-10am Aerial - All Levels w/Becky		
	10-11am Gentle Flow w/Becky	10-11:15am Inner Harmony Flow w/Jennifer	10-11am Yin w/Holly		10-11am Gentle Flow w/Erin	
				10:30-11:30am Gentle Flow w/Becky		
11- 11:45am Chair yoga w/Amy U					*11:15a-12:15pm Aerial -All Levels OR Aerial Basics w/Erin	11am-12pm Gentle Flow w/Marina
	5-5:45pm Express EMPowered Flow w/Becky		5-5:45pm Express EMPowered Flow w/Becky		*alternating weeks*	
	6:30-7:30pm Aerial - All Levels w/Becky		6:30-7:30pm Aerial - All Levels w/Becky			
7-8pm Gentle Flow w/Holly		7-8pm Gentle Flow w/Amy U				

Effective October 1st, 2021

 lower Intensity
  In-Studio ONLY
  In-studio (w/virtual option)
  High Intensity
  Zoom ONLY

Kula Yoga Schedule - subject to change. **ALL CLASSES** require advanced registration.

Please check online schedule for daily updates and class locations

Classes live-stream on Zoom unless noted otherwise

To register: www.flywithkula.com

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