

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30-7:15am Early Bird Yoga w/Dawn			
9-10am Empowered Flow w/Becky				9-10am Aerial - All Levels w/Becky or Erin O'B	9-10am Empowered Flow w/Becky	
	10-11am Gentle Flow w/Becky	10-11:15am Inner Harmony Flow w/Jennifer	10-11am Yin w/Holly			9:30-10:15am Satsang w/Amy PH
				10:15-11:15am Gentle Flow w/Becky or Erin O'B	10:15-11:15am Gentle Flow w/Erin O'B or Becky	10:30-11:45am Align & Energize w/Amy PH
11-11:45am Chair yoga w/Amy U						11am-12pm Gentle Flow w/Marina
				12-1:15pm Sustainable Stability w/Jenay	*11:30-12:30pm Aerial Basics w/Erin O'B & Becky	
	5:30-6:15pm Empowered Flow w/Becky		5:30-6:15pm Empowered Flow w/Becky	5:30-6:30pm TGI Yoga w/Erin O'C	<i>*offered 2x a month</i>	
		*6-7:15pm Yoga Therapeutics -or-				6-7pm Sunday Soother w/Jennifer
	6:30-7:30pm Aerial - All Levels w/Becky	Workshop-a-Pose w/Amy PH	6:30-7:30pm Aerial - All Levels w/Becky			
7-8pm Gentle Flow w/Holly		<i>*alternating weeks</i>				

Effective November 1st, 2023

lower Intensity
Medium Intensity
High Intensity

★ In-Studio ONLY
🏠 In-studio (w/virtual option)
📺 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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