

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--|
| | | <i>earlier start time</i> → | 6-6:45am 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 |
| | | | <i>later start time</i> → | 12:30-1:45pm Sustainable Stability 📺 w/Jenay | ★ 11:30-12:30pm Aerial Basics w/Erin O'B & Becky <i>*offered 2x a month</i> | |
| | 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 | | |
| | | ★ 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 February 1st 2024

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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