

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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
					*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 w/Amy PH 				
	6:30-7:30pm Aerial - All Levels w/Becky 		6:30-7:30pm Aerial - All Levels w/Becky 			
7-8pm Gentle Flow w/Holly 						

Effective May 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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