




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		9:30-10:45am Earth w/Amy PH
	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 or Becky	
				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 or Becky <i>*alternating weeks*</i>	
	5:30-6:15pm Express EMPowered Flow w/Becky		5:30-6:15pm Express EMPowered Flow w/Becky			
	6:30-7:30pm Aerial - All Levels w/Becky		6:30-7:30pm Gentle Flow w/Becky			
7-8pm Gentle Flow w/Holly						

Effective July 1st, 2022

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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