

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-10am EMPowered Flow ❀❀❀ w/Becky	10-11am Gentle Flow ❀ w/Marina	9-10:15am Inner Harmony Flow ❀ w/Jennifer	10-11am Yin ❀ w/Marina	10-11am Gentle Flow ❀ w/Erin	9-10am EMPowered Flow ❀❀❀ w/Becky <b>-alternating weeks-</b>	10-11am Gentle Flow ❀ w/Erin
<b>Kula remains closed for in-person, in-studio classes. All classes listed are available virtually using Zoom. On-Demand recorded classes are available anytime!</b>		11:30am-12:15pm Chair Yoga ❀ w/Britt	<b>ALL VIRTUAL CLASSES require online pre-registration no later than 15 minutes before class start time.</b>			11am-12pm Gentle Flow ❀ w/Marina
	5-5:45PM Express EMPowered Flow ❀❀❀ W/Becky		5-5:45PM Express EMPowered Flow ❀❀❀ W/Becky			
7-8pm Yin ❀ w/Marina		7-8pm Kundalini Yoga ❀❀ w/Heidi	6:30-7:30pm Gentle Flow ❀ w/Marina	5:30-6:30pm Yoga Happy Hour ❀❀ w/Becky		
						<b>effective date: Feb 1st, 2021</b>

**Kula Yoga Schedule** Schedule subject to change. Always check [www.flywithkula.com](http://www.flywithkula.com) for the most up to date schedule.

❀ Lower Intensity Class   ❀❀ Medium Intensity Class   ❀❀❀ High Intensity Class

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