

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 YOGA RECESS: 10:45am 4k-5th grade w/Britt 11:30am 5th-12th grade w/Becky	10-11am Yin 🌸 w/Marina	10-11am Gentle Flow 🌸 w/Erin	9-10am EMPowered Flow 🌸🌸🌸 w/Becky 10-11am Gentle Flow 🌸 w/Erin	11am-12pm Gentle Flow 🌸 w/Marina
Kula remains closed for in-person, in-studio classes. All classes listed are available virtually using Zoom. On-Demand recorded classes are available anytime!			ALL VIRTUAL CLASSES require online pre-registration no later than 15 minutes before class start time.			
	5-5:45PM Express EMPowered Flow 🌸🌸🌸 W/Becky		5-5:45PM Express EMPowered Flow 🌸🌸🌸 W/Becky	5:30-6:30pm Yoga Happy Hour 🌸🌸 w/Becky		
7-8pm Gentle Flow 🌸 w/Becky		7-8pm Kundalini Yoga 🌸🌸 w/Heidi				
					effective date: November 1st,	

Kula Yoga Schedule Schedule subject to change. Always check www.flywithkula.com for the most up to date schedule.

🌸 Lower Intensity Class 🌸🌸 Medium Intensity Class 🌸🌸🌸 High Intensity Class

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