

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 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: Jan 1, 2021

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

445 w. cottage grove road, cottage grove, wi 53527 | 608 839 6100 | info@flywithkula.com

