

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9-10am EMPowered Flow ❄️❄️❄️ w/Becky OUTSIDE OPTION	10-11am Gentle Flow ❄️ w/Marina	YOGA RECESS: 9:30am 4k-1st w/Rainbow 10:15am 2nd-5th w/Britt 11am 6th-8th w/Becky 12-12:45pm Teens w/Marina	10-11am Yin ❄️ w/Marina	10-11am Gentle Flow ❄️ w/Erin	9-10am EMPowered Flow ❄️❄️❄️ w/Becky OUTSIDE OPTION 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.		Outdoor options are labeled and offered using Zoom as well. On-demand recorded classes available anytime!				
7-8pm Gentle Flow ❄️ w/Becky	5-5:45PM Express EMPowered Flow ❄️❄️❄️ W/Becky	ALL CLASSES require online pre-registration	5-5:45PM Express EMPowered Flow ❄️❄️❄️ W/Becky	Start time adjusted weekly for sunset Yoga Happy Hour ❄️❄️❄️ w/Becky OUTSIDE OPTION		
						effective date: October 1st, 2020

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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