

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10am EMPowered Flow 🏠 w/Becky				9-10am Aerial - All Levels ★ w/Becky or Erin	9-10am EMPowered Flow 🏠 w/Becky	
	10-11am Gentle Flow 🏠 w/Becky	10-11:15am Inner Harmony Flow 📺 w/Jennifer	10-11am Yin 📺 w/Holly			
				10:15-11:15am 🏠 Gentle Flow w/Becky or Eriin	10:15-11:15am 🏠 Gentle Flow w/Erin or Becky	
11- 11:45am Chair yoga 🏠 w/Amy U						11am-12pm Gentle Flow 📺 w/Marina
<i>It's back 12/5↓</i>					*11:30-12:30pm ★ Aerial Basics w/Erin or Becky <i>*offered 2x a month</i>	
5:30-6:30pm Kundalini 📺 w/Heidi	5:30-6:15pm Express EMPowered Flow 🏠 w/Becky	5:30-6:45pm *Yoga Therapeutics -OR- ★ Workshop-a-Pose w/Amy PH ★ <i>*alternating weeks</i>	5:30-6:15pm Express EMPowered Flow 🏠 w/Becky			
						📺 6-7pm Sunday Soother w/Jennifer F
	6:30-7:30pm ★ Aerial - All Levels w/Becky		6:30-7:30pm ★ Aerial - All Levels w/Becky			
7-8pm 🏠 Gentle Flow w/Holly		7-8pm 🏠 Gentle Flow w/Amy U				

Effective Jan. 1st, 2023

 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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