


July 2026- Yoga Schedule

Pre-Registration & Payment is **REQUIRED** for ALL classes
via website or Fit by Wix App.

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
			1	2	3	4
			6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	9:30-10:30am-All Level- Jill♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	10-11am- Chair Yoga-Krissy♣	Happy 4th of July 250th Anniversary! No Yoga in the Park 9:30-10:30am-All Level- Jill♥
5	6	7	8	9	10	11
	6-7pm- All Levels- Jen-♣	9:30-10:30am-All Level- Jill♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm- Chair Krissy*	6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	9:30-10:30am-All Level- Jen♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	10-11am- Chair Yoga-Krissy♣	9-10am- Yoga in the Park! 🌿 Lauren 9:30-10:30am-All Level- Jill ♥
12	13	14	15	16	17	18
Kayak & Meditation with Jen Rehill at Leaser Lake 9-12pm *experience required	6-7pm- All Levels- Jen-♣	9:30-10:30am-All Level-Jill♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	9:30-10:30am-All Level- Jill♥ 6-7:15pm-Slow Flow-Denise* No meditation	10-11am- Chair Yoga-Denise♣	9-10am- Yoga in the Park! 🌿 Jen 9:30-10:30am-All Level- Shana♥ 10am-4pm 12 CEU Massage Training
19	20	21	22	23	24	25
10am-4pm 12 CEU Massage Training	6-7pm- All Levels- Jen-♣	9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Lisa* 7:30-8:30pm- Chair -Lisa*	6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	10-11am- Chair Yoga-Krissy♣	9-10am- Yoga in the Park! 🌿 Lisa 9:30-10:30am-All Level-Jill♥
26	27	28	29	30	30	August 1
♥-Stream Online Only ♣-Stream & On Location *-On Location Only	6-7pm- All Levels- Krissy-♣	9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣		Time-TBA Woodland Springs Retreat Event Rock Labyrinth Community Creation & Gentle Yoga with Krissy

Register on our Website- www.kulaheartyogaandwellness.com or Fit by Wix App. \$15 streamed online, \$20 in person

Props if you have: yoga mat, block(s), strap, water

Events and Class Series are not included in monthly subscriptions but may be discounted to members.

Special Class included in subscription. Training listed under Classes person specific educational program