

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
1 	2 6-7pm- All Levels- Krissy-♣	3 9:30-10:30am-All Level- Lisa♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm- Chair Krissy	4 9-10am- Qigong- Bob♣ 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	5 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	6 10-11am- Chair Yoga-Krissy♣ 11:30am-12:30pm-Qi gong- Bob♣	7 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Jill♥
8 11am-5pm Cupping & Gua Sha Massage Training-Ed Portley	9 6-7pm- All Levels- Krissy-♣	10 9:30-10:30am-All Level- Lisa♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm- Chair Krissy*	11 9-10am- Qigong- Bob♣ 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	12 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	13 10-11am- BEGINNERS WELCOMEChair Yoga-Krissy♣ 11:30am-12:30pm-Qi gong- Bob♣	14 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Jill♥
15	16 6-7pm- All Levels- Karen-♣	17 9:30-10:30am-All Level-Denise♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	18 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	19 9:30-10:30am-All Level- Karen♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	20 10-11am- Chair Yoga-Krissy♣	21 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Jill♥ 4p-5pm Yellow Bath w/Kathy
22	23 6-7pm- All Levels- Karen-♣	24 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	25 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	26 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	27 10-11am- Chair Yoga-Krissy♣ 1-2pm- Kula Cup Club meet & greet! *Members Invited*	28 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level-Jill♥
29	30 6-7pm- All Levels- Karen-♣	31 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*				♥-Stream Online Only ♣-Stream & On Location *-On Location Only

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