

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	♥-Stream Online Only ♣-Stream & On Location *-On Location Only			1 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	2 10-11am- Chair Yoga-Krissy♣	3 8-9am- Vinyasa-Lauren♣ 9:30-10:30am-All Level- Jill♥
4	5 6-7pm- All Levels-Krissy*	6 9:30-10:30am-All Level- Lisa♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm-Chair Krissy*	7 6-7pm-Intermediate -Lauren♣	8 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	9 10-11am- Chair Yoga-Krissy♣ 6:30-7:45- Sound & Stillness, Soundbath & Breathwork Harding Funeral Home	10 8-9am- Vinyasa-Lauren♣ 9:30-10:30am-All Level- Jill ♥
11	12 6-7pm- All Levels-Jen*	13 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair -Krissy*	14 6-7pm-Intermediate -Lauren♣	15 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	16 10-11am- Chair Yoga-Krissy♣	17 8-9am- Vinyasa-Lauren♣ 9:30-10:30am-All Level- Jill♥
18	19 6-7pm- All Levels-Jen*	20 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair -Krissy* Bath Halloween Parade 🎃	21 6-7pm-Intermediate -Lauren♣	22 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	23 10-11am- Chair Yoga-Krissy♣	24 8-9am- Vinyasa-Lauren♣ 9:30-10:30am-All Level-Jill♥
25/Nov1 November 1 Sound Bath with Kathy at Kula 6-7pm	26 6-7pm- All Levels-Jen*	27 9:30-10:30am-All Level-Wendy♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair -Krissy*	28 6-7pm-Intermediate -Lauren♣	29 9:30-10:30am-All Level- Jen♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	30 10-11am- Chair Yoga-Krissy♣	31 HALLOWEEN 🎃 Trick-or-Treat 🍬 8-9am- Vinyasa-Lauren♣ 9:30-10:30am-All Level-Jill♥

Register on our Website- www.kulaheart yogaandwellness.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