

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
<p>♥-Stream Online Only</p> <p>♣-Stream & On Location</p> <p>*-On Location Only</p>	<p>Jan. 1</p> <p>Happy NEW YEAR! Class at 9:30am with Karen</p>	<p>2</p> <p>9:30-10:30am-All Level-Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Wendy*KULA</p>	<p>3</p> <p>6-7pm-Intermediate-Denise-♣Kula 7:15-8:15pm-Chair -Denise*Kula</p>	<p>4</p> <p>9:30-10:30am-All Level- Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Krissy*Kula</p>	<p>5</p>	<p>6</p> <p>10-11am-All Level- Jill ♥</p>
<p>7</p> <p>9-10:15am-Vinyasa Flow-Jen*Kula</p>	<p>8</p> <p>6-7pm-Beginner-Karen-♣Kula 7:15-8:15pm-Rest & Restore-Karen♣Kula</p>	<p>9</p> <p>9:30-10:30am-All Level- Denise ♥</p> <p>6-7:15pm-Slow Flow & Meditation Wendy*KULA</p>	<p>10</p> <p>6-7pm-Intermediate-Denise-♣Kula 7:15-8:15pm-Chair -Denise*Kula</p>	<p>11</p> <p>9:30-10:30am-All Level- Wendy ♥</p> <p>6-7:15pm-Slow Flow & Meditation Krissy*Kula</p>	<p>12</p>	<p>13</p> <p>10-11am-All Level- Jill ♥</p>
<p>14</p> <p>9-10:15am-Vinyasa Flow-Jen*Kula</p>	<p>15</p> <p>6-7pm-Beginner-Karen-♣Kula 7:15-8:15pm-Rest & Restore-Karen♣Kula</p>	<p>16</p> <p>9:30-10:30am-All Level-Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Wendy*KULA</p>	<p>17</p> <p>6-7pm-Intermediate-Denise-♣Kula 7:15-8:15pm-Chair -Denise*Kula</p>	<p>18</p> <p>9:30-10:30am-All Level- Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Krissy*Kula</p>	<p>19</p>	<p>20</p> <p>10-11am-All Level- Jill ♥</p>
<p>21</p> <p>9-10:15am-Vinyasa Flow-Jen*Kula</p> <p>1-2:30pm Restorative Yoga with Krissy *Kula Monthly</p>	<p>22</p> <p>6-7pm-Beginner-Karen-♣Kula 7:15-8:15pm-Rest & Restore-Karen♣Kula</p>	<p>23</p> <p>9:30-10:30am-All Level-Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Wendy*Kula</p>	<p>24</p> <p>6-7pm-Intermediate-Denise-♣Kula 7:15-8:15pm-Chair -Denise*Kula</p>	<p>25</p> <p>9:30-10:30am-All Level- Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Krissy*Kula</p>	<p>26</p>	<p>27</p> <p>10-11am-All Level- Jill ♥</p>
<p>28</p> <p>9-10:15am-Vinyasa Flow-Jen*Kula</p>	<p>29</p> <p>6-7pm-Beginner-Karen-♣Kula 7:15-8:15pm-Rest & Restore-Karen♣Kula</p>	<p>30</p> <p>9:30-10:30am-All Level-Lisa ♥</p> <p>6-7:15pm-Slow Flow & Meditation Wendy*Kula</p>	<p>31</p> <p>6-7pm-Intermediate-Denise-♣Kula 7:15-8:15pm-Chair -Krissy*Kula</p>			

\$12 virtual, \$20 in person. Pre-payment required via website or app Fit by WIX, subscriptions available too.

Stream Online-Zoom Link will be emailed to you when you book the virtual class on the website

Kula: 107 N. Chestnut St. Bath, PA 18014 Suite 8- park in lot, on street or behind S. Seems Antique Store

Wolf- Governor Wolf Historical Site, 6600 Jacksonville Rd. Bath, PA 18014

Register on our Website- www.kulaheartyyogaandwellness.com or Download the Wix App/ Search for Kula Heart

Remember props if needed: yoga mat, block(s), strap, water ~Events and Series are not included in monthly subscriptions.