

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
1 	2 6-7pm- All Levels- Karen-♣	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 5:45-6:30am- Kundalini ♥ 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 -Qigong- Bob♣	7 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Wendy♥
8	9 6-7pm- All Levels- Karen-♣	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 5:45-6:30am- Kundalini ♥ 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	13 10-11am- Chair Yoga-Krissy♣ 11:30am-12:30pm -Qigong- 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-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	18 9-10am- Qigong- Bob♣ 6-7pm-Intermediate-Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	19 5:45-6:30am- Kundalini ♥ 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	20 10-11am- Chair Yoga-Krissy♣ 11:30am-12:30pm -Qigong- Bob♣	21 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am- Kula Cup Club meet & greet! ☕ *Members Invited* 9:30-10:30am-All Level- Jill♥
22 ♥-Stream Online Only ♣-Stream & On Location *-On Location Only	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 9-10am- Qigong- Bob♣ 6-7pm-Intermediate-Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	26 5:45-6:30am- Kundalini ♥ 9:30-10:30am-All Level- Jill♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	27 10-11am- Chair Yoga-Denise♣ 11:30am-12:30pm -Qigong- Bob♣	28 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level-Jill♥ 4p-5pm Sound Bath w/Kathy-SOLDOUT

Register on our Website- [www.kulaheartyogaandwellness.com](http://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.