

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday
	Feb. 27	28	March-1	2	3	4
Look on the website: Classes/ Training Events Classes	6-7pm- Beginner- Wendy- ♣Kula	9:30-10:30am- GentleYoga- Denise ♥ 6-7:15pm- Slow Flow w/Yin & Meditation Krissy* Kula or UCC	6-7pm- Beginner- Denise- ♣UCC 7:30-8:30pm Chair Yoga- Denise* UCC	9:30-10:30am- GentleYoga- Lisa ♥		8-9:15am Slow Flow Yoga- Krissy* Kula
5	6	7	8	9	10	11
9-10:15am- Vinyasa Flow- Jen* Kula	6-7pm- Beginner- Wendy- ♣Kula	9:30-10:30am- GentleYoga- Lisa ♥ 6-7:15pm- Slow Flow w/Yin & Meditation Krissy* Kula or UCC	6-7pm- Beginner- Denise- ♣UCC 7:30-8:30pm Chair Yoga- Denise* UCC	9:30-10:30am- GentleYoga- Lisa ♥		8-9:15am Slow Flow Yoga- Krissy* Kula
12	13	14	15	16	17	18
9-10:15am- Vinyasa Flow- Jen* Kula	6-7pm- Beginner- Wendy- ♣Kula	9:30-10:30am- GentleYoga- Lisa ♥ 6-7:15pm- Slow Flow w/Yin & Meditation Krissy* Kula or UCC	6-7pm- Beginner- Denise- ♣UCC 7:30-8:30pm Chair Yoga- Denise* UCC	9:30-10:30am- GentleYoga- Lisa ♥ 4-Week Series Fundamentals Part 2 with Jen 6:30-7:45pm		8-9:15am Slow Flow Yoga- Krissy* Kula
19	20	21	22	23	24	25
9-10:15am- Vinyasa Flow- Jen* Kula	6-7pm- Beginner- Wendy- ♣Kula	9:30-10:30am- GentleYoga- Lisa ♥ 6-7:15pm- Slow Flow w/Yin & Meditation Krissy* Kula or UCC	6-7pm- Beginner- Denise- ♣UCC 7:30-8:30pm Chair Yoga- Denise* UCC	9:30-10:30am- GentleYoga- Krissy ♥		8-9:15am Slow Flow Yoga- Krissy* Kula
26	27	28	29	30	31	
9-10:15am- Vinyasa Flow- Jen* Kula	6-7pm- Beginner- Wendy- ♣Kula	9:30-10:30am- GentleYoga- Denise ♥ 6-7:15pm- Slow Flow w/Yin & Meditation Krissy* Kula or UCC	6-7pm- Beginner- Denise- ♣UCC 7:30-8:30pm Chair Yoga- Denise* UCC	9:30-10:30am- GentleYoga- Krissy ♥		♥-Stream Online Only ♣-Stream & On Location *-On Location Only

\$10 virtual, \$15 in person. Pre-payment required via website or WIX for both, 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
UCC- Church: 109 S. Chestnut St Bath, PA 18014-park in adjacent lot, meter municipal lot, or at Kula Heart

Register on our Website- www.kulaheartandwellness.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.