


Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
Dec 29 9-10:15am-Vinyasa Flow- Krissy* 6-7pm- All Levels- Karen-♣	30 8:30-9:30am- Beginner Flow- Karen* 6-7pm- All Levels- Karen-♣	31 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow- Krissy*	Jan 1 10-11:15am Open To ALL YOGA With Krissy 6-7pm- Intermediate- Karen-♣ 7:30-8:30pm- Chair -Krissy*	2 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*	3 10-11am- Chair Yoga-Lisa at UCC*-	4 9:30-10:30am-All Level- Jill♥
5 9-10:15am-Vinyasa Flow- Krissy*	6 8:30-9:30am- Beginner Flow- Karen* 6-7pm- All Levels- Karen-♣	7 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow- Krissy*	8 6-7pm- Intermediate- Karen-♣ 7:30-8:30pm- Chair -Krissy*	9 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow- Krissy* 7:30-8:30pm Rest & Restore with Karen	10 10-11am- Chair Yoga-Lisa at UCC*-	11 9:30-10:30am-All Level- Jill♥
12 9-10:15am-Vinyasa Flow- Krissy*	13 8:30-9:30am- Beginner Flow- Karen* 6-7pm- All Levels- Karen-♣	14 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	15 6-7pm- Intermediate- Karen-♣ 7:30-8:30pm- Chair -Krissy*	16 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*	17 10-11am- Chair Yoga-Lisa at UCC*-	18 9:30-10:30am-All Level- Jill♥
19 9-10:15am-Vinyasa Flow- Krissy*	20 8:30-9:30am- Beginner Flow- Karen* 6-7pm- All Levels- Karen-♣	21 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	22 6-7pm- Intermediate- Karen-♣ 7:30-8:30pm- Chair -Krissy*	23 9:30-10:30am-All Level- Karen♥ 6-7:15pm-Slow Flow Krissy*	24 10-11am- Chair Yoga-Lisa at UCC*-	25 9:30-10:30am-All Level-Jill♥ 
26 9-10:15am-Vinyasa Flow- Krissy*	27 8:30-9:30am- Beginner Flow- Karen* 6-7pm- All Levels- Karen-♣	28 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	29 6-7pm- Intermediate- Karen-♣ 7:30-8:30pm- Chair -Krissy*	30 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*	31 10-11am- Chair Yoga-Lisa at UCC*-	♥-Stream Online Only ♣-Stream & On Location *-On Location Only

**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

Register on our Website- [www.kulaheart yogaandwellness.com](http://www.kulaheart yogaandwellness.com) or Fit by Wix App. \$12 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.