


May 2026- Yoga Schedule

Pre-Registration & Payment is REQUIRED for ALL classes
via website or Fit by Wix App.

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
1 					1 10-11am- Chair Yoga-Denise♣	2 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Jill♥
3	4 6-7pm- All Levels- Krissy-♣	5 9:30-10:30am-All Level- Lisa♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm- Chair Krissy*	6 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	7 9:30-10:30am-All Level- Denise♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	8 10-11am- Chair Yoga-Krissy♣	9 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Jill ♥
10	11 6-7pm- All Levels- Lisa-♣	12 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	13 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	14 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	15 10-11am- Chair Yoga-Krissy♣	16 8-9am-Power Vinyasa- Lauren♣ 9:30-10:30am-All Level- Jill♥
17	18 6-7pm- All Levels- Jen-♣	19 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	20 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	21 9:30-10:30am-All Level- Sub♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	22 10-11am- Chair Yoga-Krissy♣	23 8-9am-Power Vinyasa- Sub♣ 9:30-10:30am-All Level-Jill♥
24	25 Happy Memorial Day!!!! 🇺🇸 6-7pm- All Levels- Jen-♣	26 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	27 6-7pm-Intermediate -Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	28 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	29 10-11am- Chair Yoga-Lisa♣	30 8-9am-Power Vinyasa- Lauren♣
31						♥-Stream Online Only ♣-Stream & On Location *-On Location Only

Register on our Website- 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