


Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
			Feb 26	27	28	March 1
	♥-Stream Online Only ♣-Stream & On Location *-On Location Only		6-7pm-Intermediate-Karen ♣ 7:30-8:30pm-Chair -Krissy*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	10-11am- Chair Yoga-Lisa*	9:30-10:30am- All Level- Jill ♥
2	3	4	5	6	7	8
9-10:15am-Vinyasa Flow- Krissy ♣ NEW-STREAM ONLINE TOO 7:30-8:30pm-Yoga Nidra for Rest-Krissy ♥	8:30-9:30am-Morning Flow for All Levels-Karen* 6-7pm- All Levels-Karen- ♣	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow-Lisa*	6-7pm-Intermediate-Karen ♣ 7:30-8:30pm-Chair -Krissy*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow-Krissy*	10-11am- Chair Yoga-Lisa*	9:30-10:30am- All Level- Jill ♥
9	10	11	12	13	14	15
9-10:15am-Vinyasa Flow- Krissy ♣ 6-7:30pm-Yin Yoga Event-Karen*	8:30-9:30am-Morning Flow for All Levels -Karen* 6-7pm- All Levels-Karen- ♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate-Karen- ♣ 7:30-8:30pm-Chair -Krissy*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8:30pm Rest & Restore with Karen	10-11am- Chair Yoga-Lisa*	9:30-10:30am- All Level- Jill ♥
16	17	18	19	20	21	22
9-10:15am-Vinyasa Flow- Krissy ♣	8:30-9:30am-Morning Flow for All Levels -Karen* 6-7pm- All Levels-Karen- ♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate-Karen- ♣ 7:30-8:30pm-Chair -Krissy*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	10-11am- Chair Yoga-Lisa* 6-7:30pm-Spring Equinox Sound Bath & Yoga Event, Karen & Kathy	9:30-10:30am- All Level-Becky ♥
23/30	24/31	25	26	27	28	29
9-10:15am-Vinyasa Flow- Krissy ♣	8:30-9:30am-Morning Flow for All Levels -Karen* 6-7pm- All Levels-Karen- ♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate-Karen- ♣ 7:30-8:30pm-Chair -Krissy*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	10-11am- Chair Yoga-Lisa*	9:30-10:30am- All Level- Jill ♥

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 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.