

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
Aug 20 9-10:15am- Vinyasa Flow- Jen*Kula	21 6-7pm- Beginner- Denise-♣Kula	22 9:30-10:30am-All Level-Shana♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy* Wolf	23 6-7pm- Intermediate- Denise-♣Wolf	24 9:30-10:30am- All Level- Shana♥	25	26 9:45- 10:45am-All Level- Jill ♥
Aug 27 9-10:15am- Vinyasa Flow- Jill*Kula Kayaking Meditation 10am-1pm Leaser Lake	28 6-7pm- Beginner- Karen-♣Kula	29 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	30 6-7pm- Intermediate- Denise-♣Wolf	31 9:30-10:30am- All Level- Lisa♥	1	SEPT 2 9:45- 10:45am-All Level- Jill ♥
Sept 3 9-10:15am- Vinyasa Flow- Lisa*Kula	4 6-7pm- Beginner- Karen-♣Kula	5 7:30-8:30am-All Level-Lisa*Kula 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	6 6-7pm- Intermediate- Denise-♣Wolf	7 9:30-10:30am- All Level- Lisa♥	8	9 9:45- 10:45am-All Level- Jill ♥
Sept 10 9-10:15am- Vinyasa Flow- Jen*Kula	11 6-7pm- Beginner- Karen-♣Kula 7:15-8:15pm- Rest & Restore- Karen*Kula	12 7:30-8:30am-All Level-Lisa*Kula 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	13 6-7pm- Intermediate- Denise-♣Wolf	14 9:30-10:30am- All Level- Lisa♥	15	16 9:45- 10:45am-All Level- Jill ♥ Hike & Yoga 10-11am Graver Arboretum
Sept 17 9-10:15am- Vinyasa Flow- Jen*Kula	18 6-7pm- Beginner- Karen-♣Kula 6:30-7:45pm Fundamental Series @Wolf- 4 Week Series	19 7:30-8:30am-All Level-Lisa*Kula 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow w/Yin & Meditation Wendy*Wolf	20 6-7pm- Intermediate- Denise-♣Wolf	21 9:30-10:30am- All Level- Lisa♥	22 8-9am- All Level- Karen Kula	23 9:45- 10:45am-All Level- Jill ♥

\$12 virtual, \$20 in person. Pre-payment required via website or app Fit by WIX, subscriptions available too.

Prices as of 9/1/23

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

Wolf- Governor Wolf Historical Site, 6600 Jacksonville Rd. Bath, PA 18014

Register on our Website- www.kulaheartyyogaandwellness.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.