

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
		1 9:30-10:30am-All Level- Lisa♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm-Chair Krissy	2 6-7pm-Intermediate -Lauren♣	3 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	4 10-11am- Chair Yoga-Krissy♣	5 9-10am- Yoga in the Park! 🌿 Jen 9:30-10:30am-All Level- Jill♥
6	7 Labor Day 10-11:30am- Yacht Rock Yoga with Jen	8 9:30-10:30am-All Level- Jill♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm-Chair Krissy*	9 6-7pm-Intermediate -Lauren♣	10 9:30-10:30am-All Level- Jill♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	11 10-11am- Chair Yoga-Krissy♣	12 9-10am- Yoga in the Park! 🌿 Denise 9:30-10:30am-All Level- Jill♥
13 Fundamentals of Yoga 10am-12 with Jen 1 of 3 weeks	14 6-7pm- All Levels- Jen♣	15 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair -Krissy*	16 6-7pm-Intermediate -Lauren♣	17 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 6-7:15pm- Old Home Week FREE Event 7:30-8:00pm-Meditation-Krissy♣	18 10-11am- Chair Yoga-Krissy♣	19 9-10am- Yoga in the Park! 🌿 Lauren 9:30-10:30am-All Level- Shana♥ 9-11:30am- Kayak & Meditation with Jen
20 Fundamentals of Yoga 10am-12 with Jen 2 of 3 weeks	21 6-7pm- All Levels- Jen♣	22 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Lisa* 7:30-8:30pm-Chair -Lisa*	23 6-7pm-Intermediate -Lauren♣	24 9:30-10:30am-All Level-Denise♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	25 10-11am- Chair Yoga-Krissy♣	26 9-10am- Yoga in the Park! 🌿 Lauren 9:30-10:30am-All Level-Jill♥
27 6-7pm- Sound Bath w/Kathy	28 6-7pm- All Levels- Wendy♣	29 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair -Krissy*	30 6-7pm-Intermediate -Lauren♣	Oct 1 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm-Meditation-Krissy♣	Oct 2 10-11am- Chair Yoga-Krissy♣	♥-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