


Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	April 1	2	3	4	5	6
♥-Stream Online Only ♣-Stream & On Location *-On Location Only	6-7pm- Beginner- Karen-♣ 7:30-8:30pm- Intermediate-Karen♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Shana♥ 6-7:15pm-Slow Flow Krissy*		10-11am-All Level- Jill♥
7	8	9	10	11	12	13
9-10:15am-Vinyasa Flow- Karen*	6-7pm- Beginner- Karen-♣ 7:30-8:30pm- Intermediate-Karen♣	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*		10-11am-All Level- Jill♥
14	15	16	17	18	19	20
9-10:15am-Vinyasa Flow- Lisa*	6-7pm- Beginner- Karen-♣ 7:30-8:30pm- Intermediate-Karen♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy♣	6-7pm-Intermediate- Karen-♣ 7:30-8:30pm-Chair -Karen*	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*		10-11am-All Level- Jill♥
21	22	23	24	25	26	27
9-10:15am-Vinyasa Flow- Jill*	6-7pm- Beginner- Karen-♣ 7:30-8:30pm- Intermediate-Karen♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy* 7:30-8:30pm- Rest&Restore Karen♣		10-11am-All Level- Jill♥
28	29	30	May 1	2		
9-10:15am-Vinyasa Flow- Jill*	6-7pm- Beginner- Wendy-♣ 7:30-8:30pm- Intermediate-Denise♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*		

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.