


June 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 6-7pm- Gentle- Jen-♣	2 9:30-10:30am-All Level- Wendy♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm- Chair Krissy*	3 6-7pm-Intermedia te-Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	4 9:30-10:30am-All Level- Wendy♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	5 10-11am- Chair Yoga-Krissy♣	6 9-10am- Yoga in the Park! 🌳 - Krissy 9:30-10:30am-All Level- Jill♥
7	8 6-7pm- Gentle- Jen-♣	9 9:30-10:30am-All Level- Wendy♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm- Chair Krissy*	10 6-7pm-Intermedia te-Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	11 9:30-10:30am-All Level- Wendy♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	12 10-11am- Chair Yoga-Krissy♣	13 9-10am- Yoga in the Park! 🌳 - Lauren 9:30-10:30am-All Level- Jill♥
14	15 6-7pm- Gentle- Jen-♣	16 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	17 6-7pm-Intermedia te-Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	18 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	19 10-11am- Chair Yoga-Krissy♣	20 9-10am- Yoga in the Park! 🌳 - Lauren 9:30-10:30am-All Level- Lisa♥
21 Yoga & Sound Bath EVENT 9am w/ Lauren and Kathy	22 6-7pm- Gentle- Jen-♣	23 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -Krissy*	24 6-7pm-Intermedia te-Lauren♣ 7:30-8:30pm- Yoga Sculpt- Lauren*	25 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:00pm- Meditation-Krissy♣	26 10-11am- Chair Yoga-Krissy♣	27 9-10am- Yoga in the Park! 🌳 - Lisa 9:30-10:30am-All Level-Jill♥
28 9am Folino Yoga Event with Krissy	29 6-7pm- Gentle- Jen-♣	30 9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm- Chair -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