

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-10:15am- Vinyasa Flow- Jen*Kula	2 6-7pm- Beginner- Krissy- ♣Kula	3 9:30-10:30am- GentleYoga-Lisa♥	4 6-7pm-Beginner- Denise-♣UCC 7:30-8:30pm Chair Yoga-Denise* UCC	5 9:30-10:30am- GentleYoga- Lisa♥	6	7 Table Thai Lev. 1 Training
8 9-10:15am- Vinyasa Flow- Jen♥ Table Thai Lev. 1 Training	9 6-7pm- Beginner- Lisa-♣Kula	10 9:30-10:30am- GentleYoga-Lisa♥ Slow Flow w/Yin and Meditation 6-7:30pm Krissy* UCC	11 6-7pm-Beginner- Denise-♣UCC 7:30-8:30pm Chair Yoga-Denise* UCC	12 9:30-10:30am- GentleYoga-Lisa♥ Fundamentals of Yoga with Jen 6:30-7:45pm * UCC	13	14
15 9-10:15am- Vinyasa Flow- Jen*Kula 1-3pm Craft with Kula- Repotting Succulents	16 6-7pm- Beginner- Krissy- ♣Kula	17 9:30-10:30am- GentleYoga-Lisa♥ Slow Flow w/Yin and Meditation 6-7:30pm Krissy* UCC	18 6-7pm-Beginner- Denise-♣UCC 7:30-8:30pm Chair Yoga-Denise* UCC	19 9:30-10:30am- GentleYoga- Lisa♥ Fundamentals of Yoga with Jen 6:30-7:45pm * UCC	20	21
22 9-10:15am- Vinyasa Flow- Jen*Kula 1-3pm Crocheting Lessons 5wks	23 6-7pm- Beginner- Krissy- ♣Kula	24 9:30-10:30am- GentleYoga-Lisa♥ Slow Flow w/Yin and Meditation 6-7:30pm Krissy* UCC	25 6-7pm-Beginner- Denise-♣UCC 7:30-8:30pm Chair Yoga-Denise* UCC	26 9:30-10:30am- GentleYoga- Lisa♥ Fundamentals of Yoga with Jen 6:30-7:45pm * UCC	27	28 Look on the website: Classes/Training Events Classes
29 9-10:15am- Vinyasa Flow- Jen*Kula 1-3pm Crocheting Lessons 5wks	30 6-7pm- Beginner- Krissy- ♣Kula	31 9:30-10:30am- GentleYoga-Lisa♥ Slow Flow w/Yin and Meditation 6-7:30pm Krissy* UCC	Feb 1 6-7pm-Beginner- Denise-♣UCC 7:30-8:30pm Chair Yoga-Denise* UCC	2 9:30-10:30am- GentleYoga- Lisa♥ Fundamentals of Yoga with Jen 6:30-7:45pm * UCC		♥-Stream Online Only ♣-Stream & On Location *-On Location Only

\$10 virtual, \$15 in person. Pre-payment required via website or WIX for both, subscriptions available too.

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
UCC- Church: 109 S. Chestnut St Bath, PA 18014-park in adjacent lot, meter municipal lot, or at Kula Heart

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.