# Weekly Class Schedule

**IN STUDIO**- $20, subscriptions and packages available

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | 10-11am Chair Yoga Krissy | 8-9am Vinyasa Lauren |
| | | | | | | |
| | 6-7pm Gentle Yoga Jen | 6-7pm Slow Flow Krissy | 6-7pm Intermediate Lauren | 6-7:15pm Slow Flow- Beginners Krissy | | |
| | | 7:30-8:30pm Chair Yoga Krissy | | | | |

**Streamed Live Online via Zoom**- $15, subscriptions and packages available

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | 9:30-10:30am All Levels Lisa | | 9:30-10:30am All Levels Lisa | 10-11am Chair Yoga Krissy | 8-9am Vinyasa Lauren |
| | | | | | | 9:30-10:30am All Levels Jill |
| | 6-7pm Gentle Jen | | 6-7pm Intermediate Lauren | | | |
| | | | | | | |

## NOVEMBER 2026 REMINDERS:

**Training:**

Sat. 7 and Sun. 8th, **Table Thai Level 2**- 9am-5pm with Amanda Neidlinger- No In Person Yoga

Sun. 15th, **Effective Techniques for the Rotator Cuff**-10-4pm with Ed Portley- No In Person Yoga

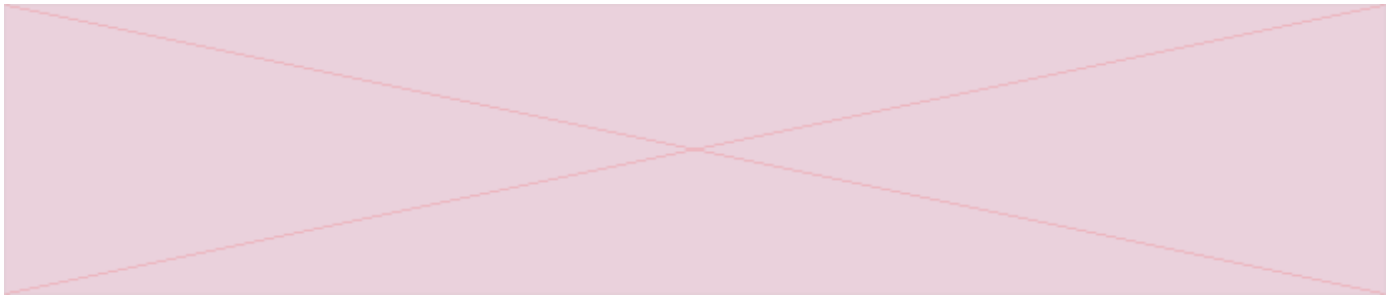
**Events:**

Sunday 1st, **Sound Bath** 6-7pm with Kathy Hatcher

Sunday, 22nd **Yoga for the Holidays & Essential Oil Spray** 1-3:30pm with Jen Rehill

**No Classes Thanksgiving**

**Register for all Classes, Training and Events on the Kula Heart Website, all are subject to change.**



www.kulaheartyogaandwellness.com

**107 N. Chestnut St. Bath, PA 18014 * 610-746-5852**