


Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
 <p>♥-Stream Online Only ♣-Stream & On Location *-On Location Only</p>			1 6-7pm-Intermediate-Lauren♣ 7:30-8:30pm-Chair -Krissy*	2 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	3 10-11am- Chair Yoga-Lisa*	4 8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level- Jill♥
5	6 6-7pm- All Levels-Karen-♣	7 9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy*	8 6-7pm-Intermediate-Lauren♣ 7:30-8:30pm-Chair -Krissy*	9 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:30pm Rest & Restore with Karen	10 10-11am- Chair Yoga-Krissy*	11 8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level- Jill ♥
12	13 6-7pm- All Levels-Karen-♣	14 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	15 6-7pm-Intermediate-Lauren-♣ 7:30-8:30pm-Chair -Krissy*	16 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	17 10-11am- Chair Yoga-Krissy*	18 8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level- Jill♥
19	20 6-7pm- All Levels-Karen-♣	21 9:30-10:30am-All Level-Lisa♥ 7pm Bath Parade No Class	22 6-7pm-Intermediate-Lauren-♣ 7:30-8:30pm-Chair -Lisa*	23 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	24 10-11am- Chair Yoga-Krissy*	25 8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level-Jill♥
26	27 6-7pm- All Levels-Karen-♣	28 9:30-10:30am-All Level-Lisa♥ 6-7:15pm-Slow Flow Krissy*	29 6-7pm-Intermediate-Lauren-♣ 7:30-8:30pm-Chair -Krissy*	30 9:30-10:30am-All Level-Wendy♥ 6-7:15pm-Slow Flow Krissy*	31 10-11am- Chair Yoga-Krissy* 6-8pm- Bath trick-or-treat 🎃	

Oct 1-31- Canned Food Collection at Kula -Donations Appreciated for the Bath Food Bank

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. Training listed under Classes person specific educational program.