

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
		Nov. 28	29	30	Dec 1	Dec 2
♥-Stream Online Only ♣-Stream & On Location *-On Location Only		<b>9:30-10:30am-All Level-Lisa</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Wendy*KULA	<b>6-7pm-Intermediate-Denise-♣Kula</b> <b>7:15-8:15pm-Chair -Krissy* Kula</b>	<b>9:30-10:30am-All Level- Lisa</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Krissy*Kula		<b>10-11am-All Level- Jill</b> ♥
Dec. 3	4	5	6	7	8	9
<b>9-10:15am-Vinyasa Flow-Karen*Kula</b>	<b>6-7pm-Beginner-Karen-♣Kula</b> <b>7:15-8:15pm-Rest &amp; Restore-Karen♣Kula Monthly</b>	<b>9:30-10:30am-All Level- Denise</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Wendy*KULA	<b>6-7pm-Intermediate-Denise-♣Kula</b> <b>7:15-8:15pm-Chair -Denise*Kula</b>	<b>9:30-10:30am-All Level- Wendy</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Krissy*Kula		<b>10-11am-All Level- Jill</b> ♥
10	11	12	13	14	15	16
<b>9-10:15am-Vinyasa Flow-Jen*Kula</b>	<b>6-7pm-Beginner-Karen-♣Kula</b>	<b>9:30-10:30am-All Level-Lisa</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Wendy*KULA	<b>6-7pm-Intermediate-Denise-♣Kula</b> <b>7:15-8:15pm-Chair -Denise*Kula</b>	<b>9:30-10:30am-All Level- Lisa</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Krissy*Kula		<b>10-11am-All Level- Jill</b> ♥
17	18	19	20	21	22	23
<b>9-10:15am-Vinyasa Flow-Jen*Kula</b>  <b>1-2:30pm Restorative Yoga with Krissy *Kula Monthly</b>	<b>6-7pm-Beginner-Karen-♣Kula</b>	<b>9:30-10:30am-All Level-Lisa</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Wendy*Kula	<b>6-7pm-Intermediate-Denise-♣Kula</b> <b>7:15-8:15pm-Chair -Denise*Kula</b>	<b>9:30-10:30am-All Level- Lisa</b> ♥  <b>6:30-7:45pm-Winter Solstice with Jen at Kula</b>		<b>10-11am-All Level- Jill</b> ♥
24/31	25	26	27	28	29	30
<b>9-10:15am-Vinyasa Flow-Jen/Lisa*Kula</b>	<b>Happy Holidays!</b>	<b>9:30-10:30am-All Level-Lisa</b> ♥	<b>6-7pm-Intermediate-Denise-♣Kula</b> <b>7:15-8:15pm-Chair -Denise*Kula</b>	<b>9:30-10:30am-All Level- Lisa</b> ♥  <b>6-7:15pm-Slow Flow &amp; Meditation</b> Krissy*Kula		<b>10-11am-All Level- Lisa</b> ♥

\$12 virtual, \$20 in person. Pre-payment required via website or app Fit by WIX, 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  
**Wolf-** Governor Wolf Historical Site, 6600 Jacksonville Rd. Bath, PA 18014

Register on our Website- [www.kulaheartyyogaandwellness.com](http://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.