

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	April 29	30	May 1	2	3	4
♥-Stream Online Only ♣-Stream & On Location *-On Location Only	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*		10-11am-All Level- Wendy ♥
5	6	7	8	9	10	11
9-10:15am-Vinyasa Flow- Krissy* Sound Bath 1-2pm	6-7pm- All Levels- Karen-♣ 7:30-8:30pm- Kula Shisha/Book Club	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*		10-11am-All Level- Jill ♥
12	13	14	15	16	17	18
9-10:15am-Vinyasa Flow- Karen*	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8:30pm Rest & Restore with Karen		10-11am-All Level- Lisa ♥ BFM Starts 9-12
19	20	21	22	23	24	25
9-10:15am-Vinyasa Flow- Lisa*	6-7pm- All Levels- Karen-♣ 7:30-8:30pm- Kula Shisha/Book Club	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Karen ♥ 6-7:15pm-Slow Flow Karen*		10-11am-All Level- Jill ♥ BFM 9-12
26	27	28	29	30	31	
9-10:15am-Vinyasa Flow- Jill*	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8 Breathwork Meditation Krissy ♣	6-7pm-Intermediate- Denise-♣ 7:30-8:30pm-Chair -Denise*	9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*		

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
 Register on our Website- www.kulaheartyogaandwellness.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.