

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
	♥-Stream Online Only ♣-Stream & On Location *-On Location Only					1 8-9am-Power Vinyasa- Lauren STREAM ONLY♥ 9:30-10:30am-All Level- Jill ♥
2	3	4	5	6	7	8
	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level- Lisa♥ 6-7pm-Slow Flow-Krissy* 7:30-8:30pm-Chair Krissy*	6-7pm-Intermediate-Lauren♣	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow-Krissy*	10-11am- Chair Yoga-Krissy*	8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level- Jill ♥
9	10	11	12	13	14	15
10:30-11:30am-Kula Cup Club meet & greet! ☕ *Members Invited*	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair Krissy*	6-7pm-Intermediate-Lauren♣	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*	10-11am- Chair Yoga-Krissy*	8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level- Jill♥
16	17	18	19	20	21	22
	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair Krissy*	6-7pm-Intermediate-Lauren♣	9:30-10:30am-All Level- Lisa♥ 6-7:15pm-Slow Flow Krissy*	10-11am- Chair Yoga-Krissy*	8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level-Jill♥ Sound Bath 6:30-7:30pm
23/30	24	25	26	27	28	29
	6-7pm- All Levels- Karen-♣	9:30-10:30am-All Level-Lisa♥ 6-7pm-Slow Flow Krissy* 7:30-8:30pm-Chair Krissy*	6-7pm-Intermediate-Lauren♣	CLOSED for Thanksgiving 🦃	10-11am- Chair Yoga-Krissy*	8-9am-Power Vinyasa- Lauren* 9:30-10:30am-All Level-Jill♥

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.