


July 2025- Yoga Schedule

Pre-Registration & Payment is **REQUIRED** for ALL classes
via website or Fit by Wix App.

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
<div>6</div> <div>9-10:15am-Vinyasa Flow- Krissy ♣</div> <div></div>	<div>7</div> <div>♥-Stream Online Only ♣-Stream & On Location *-On Location Only</div>	<div>July 1</div> <div>9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow-Krissy*</div>	<div>2</div> <div>6-7pm-Intermediate-Karen ♣ 7:30-8:30pm-Chair -Krissy*</div>	<div>3</div> <div>9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*</div>	<div>4</div> <div>Happy 4th of July!!!!</div>	<div>5</div> <div>9:30-10:30am-All Level- Jill ♥ 9-10am Yoga at the Arboretum Denise</div>
<div>6</div> <div>9-10:15am-Vinyasa Flow- Krissy ♣</div>	<div>7</div> <div>6-7pm- All Levels-Karen- ♣</div>	<div>8</div> <div>9:30-10:30am-All Level-Shana ♥ 6-7:15pm-Slow Flow-Krissy*</div>	<div>9</div> <div>6-7pm-Intermediate-Lauren ♣ 7:30-8:30pm-Chair -Krissy*</div>	<div>10</div> <div>9:30-10:30am-All Level- ♥ 6-7:15pm-Slow Flow-Krissy* 7:30-8:30pm Rest & Restore with Karen</div>	<div>11</div> <div>10-11am- Chair Yoga-Krissy*</div>	<div>12</div> <div>9:30-10:30am-All Level- Jill ♥ 9-10am Yoga at the Arboretum Lauren</div>
<div>13</div> <div>9-10:15am-Vinyasa Flow- Jill ♣</div>	<div>14</div> <div>6-7pm- All Levels-Karen- ♣</div>	<div>15</div> <div>9:30-10:30am-All Level-Shana ♥ 6-7:15pm-Slow Flow Krissy*</div>	<div>16</div> <div>6-7pm-Intermediate-Karen- ♣ 7:30-8:30pm-Chair -Krissy*</div>	<div>17</div> <div>9:30-10:30am-All Level-Jill ♥ 6-7:15pm-Slow Flow Krissy*</div>	<div>18</div> <div>10-11am- Chair Yoga-Krissy*</div>	<div>19</div> <div>9:30-10:30am-All Level- Jill ♥ 9-10am Yoga at the Arboretum Lauren</div>
<div>20</div> <div>9-10:15am-Vinyasa Flow- Krissy ♣</div>	<div>21</div> <div>6-7pm- All Levels-Karen- ♣</div>	<div>22</div> <div>9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*</div>	<div>23</div> <div>6-7pm-Intermediate-Lisa ♣ 7:30-8:30pm-Chair -Lisa*</div>	<div>24</div> <div>9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*</div>	<div>25</div> <div>10-11am- Chair Yoga-Lisa*</div>	<div>26</div> <div>9:30-10:30am-All Level-Jill ♥ 9-10am Yoga at the Arboretum Denise</div>
<div>27</div> <div>9-10:15am-Vinyasa Flow- Krissy ♣</div>	<div>28</div> <div>6-7pm- All Levels-Karen- ♣</div>	<div>29</div> <div>9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy*</div>	<div>30</div> <div>6-7pm-Intermediate-Lauren- ♣ 7:30-8:30pm-Chair -Krissy*</div>	<div>31</div> <div>9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*</div>		

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
Graver Arboretum: 1581 Bushkill Center Rd, Bath, PA 18014, watch signage there are two driveways.

Register on our Website- www.kulaheartvogaandwellness.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.