

Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
		Oct. 1 9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow-Krissy*	2 6-7pm-Intermediate-Krissy-♣ 7:30-8:30pm-Chair -Krissy*	3 9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	4	5 9:30-10:30am-All Level- Jill ♥ 11-12:15pm-Yoga in the Great Outdoors- Lisa Graver Arboretum
6 9-10:15am-Vinyasa Flow-Krissy* 11am-CPR/AED/First Aid Trainings \$75/\$95	7 6-7pm- All Levels-Karen-♣	8 9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow-Becky*	9 6-7pm-Intermediate-Karen-♣ 7:30-8:30pm-Chair -Karen*	10 9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow-Lisa* 7:30-8:30pm Rest & Restore with Karen	11	12 9:30-10:30am-All Level- Jill ♥
13 9-10:15am-Vinyasa Flow-Krissy*	14 6-7pm- All Levels-Karen-♣	15 9:30-10:30am-All Level-Lisa ♥ Halloween Parade in Bath	16 8:30-9:30am-Gentle Flow-Krissy* 6-7pm-Intermediate-Becky-♣ 7:30-8:30pm-Chair -Becky*	17 9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	18	19 9:30-10:30am-All Level- Jill ♥
20 9-10:15am-Vinyasa Flow-Krissy*	21 8:30-9:30am-Beginner Flow-Karen* 6-7pm- All Levels-Karen-♣	22 9:30-10:30am-All Level-Krissy ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8:00pm-BreathworkMeditation-Krissy ♣	23 8:30-9:30am-Gentle Flow-Krissy* 6-7pm-Intermediate-Karen-♣ 7:30-8:30pm-Chair -Karen*	24 9:30-10:30am-All Level- Lisa ♥ 6-7:15pm-Slow Flow Krissy*	25	26 9:30-10:30am-All Level-Jill ♥
27 9-10:15am-Vinyasa Flow-Krissy*	28 8:30-9:30am-Beginner Flow-Karen* 6-7pm- All Levels-Karen-♣	29 9:30-10:30am-All Level-Lisa ♥ 6-7:15pm-Slow Flow Krissy* 7:30-8:00pm-BreathworkMeditation-Krissy ♣	30 8:30-9:30am-Gentle Flow-Krissy* 6-7pm-Intermediate-Krissy-♣ 7:30-8:30pm-Chair -Krissy*	31 9:30-10:30am-All Level- Lisa ♥ Trick or Treat at KULA		♥-Stream Online Only ♣-Stream & On Location *-On Location Only

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.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.