



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10:15am- Vinyasa Flow - Kim- *		9:30-10:30am- Gentle -Claudia-	9:30-10:45am- All Level -Tom-♥	9:30-10:30am- Gentle - Claudia- ▼ 5:30-6:30pm-	9:30-10:30am- Gentle- Wendy- * 11am-12-	2 8:30-9:30am- Vinyasa Flow- Avery-♥
			6-7pm- Beginne r- Denise- 4	Intermediate Flow-Wendy- *	Slow Flow- Natasha-	10-11am- Gentle- Avery- ♥
3	4	5	6	7	8	9
9-10:15am- Vinyasa Flow- Kim- *		9:30-10:30am- Gentle-Claudia- ▼	9:30-10:45am- All Level - Tom- ♥	9:30-10:30am- Gentle - Claudia- ▼	9:30-10:30am- Gentle- Wendy-	8:30-9:30am- Vinyasa Flow- Avery-♥
			6-7pm- Beginner - Denise- *	5:30-6:30pm- Intermediate Flow-Wendy- *	11am-12- Slow Flow- Natasha-	10-11am- Gentle -Avery- v
10	11	12	13	14	15	16
9-10:15am- Vinyasa Flow- Kim- ♣		9:30-10:30am- Gentle-Claudia-	9:30-10:45am- All Level Tom- ♥	9:30-10:30am- Gentle - Claudia- ♥	9:30-10:30am- Gentle- Wendy- *	8:30-9:30am- Vinyasa Flow - Avery- *
			6-7pm- Beginner - Denise- 4	5:30-6:30pm- Intermediate Flow-Wendy-	11am-12- Slow Flow- Natasha-	10-11am- Gentle -Avery- ▼
17	18	19	20	21	22	23
9-10:15am- Vinyasa Flow- Kim- ♣		9:30-10:30am- Gentle -Claudia-	9:30-10:45am- All Level -Tom- ♥	9:30-10:30am- Gentle - Claudia-	9:30-10:30am- Gentle- Wendy- *	8:30-9:30am- Vinyasa Flow - Avery- ♥
			6-7pm- Beginner - Denise- 4	5:30-6:30pm- Intermediate Flow-Wendy- •	11am-12- Slow Flow- Natasha-	10-11am- Gentle -Avery ♥
9-10:15am- Vinyasa Flow- Kim- ♣	25	Pre-Registration is REQUIRED for ALL classes.	Class held onZoom and In-Studio (10 student max)	♥-Class Held on Zoom only		Many Packages and varying prices available.

Register on our Website- www.kulaheartyogaandwellness.com or Download the Wix App/ Search for Kula Heart (Cancelled classes due to Inclement Weather will be moved to Zoom at least One Hour before Class Start. If you don't attend Zoom the class will not be deducted from your account. We realize you may only want to attend in studio classes.)