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	5:45-6:30am Sola Fit Boot Camp		5:45-6:30am Sola Fit Boot Camp			
9-10am EMPowered Flow 	9-10:15am EMPowered Flow 	8-9am EMPowered Flow  9:15 - 9:45 Storybook Yoga	8-9am Strength & Surrender  9:15-10am Chair Yoga - FREE 	9-10am Aerial Yoga: All Levels 	8:30-9:45am EMPowered Flow  10:00-11:00am Slo Mo Yo(ga) 	9-9:45am Kula Barre 
11-11:45am Chair Yoga - FREE 	10:30-11:30am Gentle Flow 	10:15-11:30am Inner Harmony Flow 	10:30-11:30am Yin 	10:15-11:30am Inner Harmony Flow 	11:15am-12:15pm Aerial Basics - Prerequisite 	10-11:15am Align & Energize 
12-1pm Aerial Basics - 1st Mon./ Month Aerial Flight School <i>See Online Schedule</i>					12:30-1:30pm Aerial Yoga: all levels 	11:30am-12:30pm Yoga Therapeutics 
4:30-5:30pm Tween Aerial Yoga (age 10+)	5:30-6:30pm YinYasa 	6-6:45pm Kula Barre 	5:30-6:30pm Aerial Fitness 			
6-6:45pm Yoga Fusion 	7-8pm Aerial Yoga: all levels 	7-8pm Slo Mo Yo(ga) 	7-8pm Weekly Series <i>See Online Schedule</i> 			
7-8pm Gentle Flow 	8:15-9:15pm Candlelight Yoga 					

effective date: September 1st, 2017

**Cottage Grove Schedule** Schedule subject to change. Always check [www.flywithkula.com](http://www.flywithkula.com) for the most up to date schedule.

 Lower Intensity Class    Medium Intensity Class    High Intensity Class

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