




























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:30am Sunrise Yoga 	5:30-6:30am Kula Barre 	5:30-6:30am Sunrise Yoga 		8:30-10am Power Flow 	8-8:45am Kula Barre 
9-10am ♥ Power Flow 	9-10:15am ♥ Power Flow 	9:15 - 9:45 Storybook Yoga	9:15-10am Chair Yoga 	9-10am ♥ Aerial Yoga: All Levels 		9-10:15am Cup O' Chi 
12-1pm Kula Barre Mixer 	10:30-11:30am Not Your Daughters Yoga 	10:15-11:30am ♥ Inner Harmony Flow 	10:30-11:30am ♥ Not Your Daughters Yoga 	10:15-11:30am Inner Harmony Flow 	10:30-11:30am Aerial Yoga Basics 	10:15-10:45am Meditation 
	4:30-5:30pm Tween Aerial (10+)	4:30-5:30pm Kids (5-9yrs) Yoga	5:45-6:30pm Kula Barre 	6-7:15pm TGI Yoga 		5:30-6:30pm Kula Flow 
6:45-8pm Power Flow 	6:30-7:30pm Aerial Yoga: All Levels 	7-8pm Power Flow 	7-8pm Aerial Fitness 			7-8pm Yin 
8:15-9:15pm Slo Mo Yo(ga) 	8:15-9:15pm Candlelight Yoga 		8:15-9:15pm Yin 			

effective date: April 1st, 2015

## 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    Childcare available (online 12hr advance sign-up required)

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