


























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:30am Sunrise Yoga 		7-8am Early Bird Yoga 	8-9am Early Bird Yoga 	9:30-10:30am Kula Flow 
9-10am Aerial Yoga - all levels 	9-10am Kula Flow 		9-10am EMPowered Flow 	9-10am Slo Mo Yo(ga) 	9:30-10:45am EMPowered Flow 	
10:15-11:30am Inner Harmony Flow 	10:15-11:15am EMPowered Flow 	10:15-11:15am Slo Mo Yo(ga) 	10:15-10:45am Storybook Yoga		11am-12pm Aerial Basics - Prerequisite 	
12-12:45pm Nooner 		12-12:45pm Nooner 		12-12:45pm Nooner 		
4:30-5:30pm Tween Aerial (10+ yrs)	4:30-5:30pm Aerial Yoga - all levels 	5-6pm EMPowered Flow 	5:45-6:45pm Punch out, Check in 			5:30-6:30pm Chill out, Recharge 
5:45-6:45pm Aerial Yoga - all levels 	5:45-6:45pm Punch out, Check in 	6:30-7:30pm Kula Flow 				
7-8pm EMPowered Flow 			7-8pm Yin 			

effective date: September 1st, 2015

Monroe Street Schedule Schedule subject to change. Always check www.flywithkula.com for the most up to date schedule.

 Lower Intensity Class  Medium Intensity Class  High Intensity Class

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