

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8-9am EMPowered Flow ❄️❄️❄️				
9-10am EMPowered Flow ❄️❄️❄️	9-10am EMPowered Flow ❄️❄️❄️	9:15-9:45am Storybook Yoga	9-10am EMPowered Flow ❄️❄️❄️	9-10am Aerial: All Levels ❄️❄️	9-10am EMPowered Flow ❄️❄️❄️	
	10:15-11:15am Gentle Flow ❄️	10:15-11:30am Inner Harmony Flow ❄️	10:15-11:15am Yin ❄️	10:15-11:30am Inner Harmony Flow ❄️	10:15-11:15am Gentle Flow ❄️	10:30-11am Storybook Yoga
11:30am-12:15pm Chair Yoga (\$5 drop-in/free for members) ❄️		12-12:45pm Chair Yoga (\$5 drop-in/free for members) ❄️			11:30am-12:15pm Aerial Basics (1st & 3rd Sat.) Aerial: All Levels (2nd & 4th Sat.) ❄️❄️	11:30am-12:30pm Yoga Therapeutics ❄️
				4:30-5:30pm Tween Aerial Winter Series: 3/13 & 3/20		
6-6:45pm EMPowered Flow ❄️❄️❄️			6-6:45pm EMPowered Flow ❄️❄️❄️	6-7pm TGI Yoga (\$5 drop-in/free for members) ❄️❄️		6-7pm Sunday Soother ❄️
7-8pm Gentle Flow ❄️	7-8pm Aerial: All Levels ❄️❄️	7-8pm Kundalini Yoga ❄️❄️	7-8pm Gentle Flow ❄️			
	8:15-9:15pm Candlelight Yoga ❄️					
effective date: March 1st, 2020						

Kula Yoga 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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