

# MOUNTAIN KULA YOGA

## Spring Schedule

### Monday

---

**\*NEW\* 8:15am**  
All Levels Yoga  
w/ Lea Smith

**10am** Vinyasa Yoga  
w/ Lori

**\*NEW\* 5pm** Stretch Class  
w/ Robin Hastings

### Tuesday

---

**8:15am** All Level Flow  
w/ Christine

**10am** Gentle Yoga  
w/ Vanessa

**6pm** Vinyasa Yoga  
w/ Shayna

### Wednesday

---

**8:15am** Vinyasa Power Yoga  
w/ Erin S.

**10am** Bhakti Yoga Flow  
w/ Laura

**\*NEW\* 5pm** Stetch &  
Restore w/ Stacey Forend

### Thursday

---

**8:15am** All Level Flow  
w/ Bobbi

**10am** Gentle Yoga  
w/ Vanessa

**5:30pm**  
Yoga 101 w/ Bailey  
(6 week series)

### Friday

---

**8:15am**  
All Level Flow  
w/ Christine

**10am**  
Bhakti Yoga Flow  
w/ Laura

### Saturday

---

**8:15am** Vinyasa Yoga  
w/ Bobbi

**10am** Core Power Flow  
w/ Erin B.

### Sunday

---

**10am** Gentle Yoga  
w/ Vanessa