

MOUNTAIN KULA YOGA

Spring/Summer Schedule

Monday

8:15am

All Levels Yoga
w/ Lea Smith

10am Vinyasa Yoga
w/ Lori

5pm Science of Stretching
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

5pm Stetch & Restore
w/ Stacey Forend

Thursday

8:15am All Level Flow
w/ Bobbi

10am Gentle Yoga
w/ Vanessa

5:00 - 6:00 Yoga 101

6:15 - 7:15 Yoga 102
w/ Bailey (ends 6/6/24)

Friday

8:15am
All Level Flow
w/ Christine

10am
Bhakti Yoga Flow
w/ Laura

Saturday

8:15am Vinyasa Yoga
w/ Bobbi
(outside starting mid June)

10am Core Power Flow
w/ Erin B.

Sunday

10am Gentle Yoga
w/ Vanessa