

DECEMBER 2021

Theme: Coziness/ Hygge

SUNDAY

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 **8:30amPT KULA CHAT**
(60m)
 5pmPT/ 8pmET
Cozy Restorative
with Tierney (60m)

2
8:30amPT/ 11:30pmET
Deep Stretch at the Wall
with Karson (45m)

3
5:30amPT/ 8:30amET
Dance Sculpt with Charlotte
9amPT/ 12pmET
Mellow Hatha
with Tierney (60m)

4 **New Moon**
9amPT/ 12pmET
Happy Holiday Flow
with Karson
(60m)

5
6amPT/ 9amET
Dance Sculpt with Charlotte (55m)
9amPT/ 12pmET
Chakra Hatha & Pranayama
#5 Throat with Tierney
(60min)

6
8:30amPT/11:30amET
Monday Message &
Candle Gazing Meditation
with Karson (30m)

7
5:30amPT/ 8:30amET
Pilates with Charlotte
8:30amPT/ 11:30amET
Soul Warming Vinyasa
with Tierney (45min)

8
5pmPT/ 8pmET
Cozy Restorative
with Tierney (60m)

9
8:30amPT/ 11:30pmET
Peppermint Twists
with Karson (45m)

10
9amPT/ 12pmET
Mellow Hatha
with Tierney
(60min)

11
9amPT/ 12pmET
Happy Holiday Flow
with Karson
(60m)

12
9amPT/ 12pmET
Chakra Hatha &
Pranayama -#6
3rd Eye with Tierney
(60min)

13
8:30amPT/11:30amET
Monday Message &
Hot Tea Meditation
with Karson (30m)

14
5:30amPT/ 8:30amET
Pilates with Charlotte
8:30amPT/ 11:30pmET
Yoga at the Wall
with Tierney (45m)

15
8:30amPT Mom's Group
with Karson (45m)
 5pmPT/ 8pmET
Cozy Restorative
with Tierney (60m)

16
8:30amPT/ 11:30pmET
Practice for the Hard Times
with Karson (45m)

17
5:30amPT/ 8:30amET
Dance Sculpt with Charlotte
9amPT/ 12pmET
Mellow Hatha
with Tierney (60min)

18
9amPT/ 12pmET
Happy Holiday Flow
with Karson
(60m)

19 **Full Moon**
6amPT/ 9amET
Dance Sculpt with Charlotte (55m)
9amPT/ 12pmET
Chakra Hatha & Pranayama
#7 Crown with Tierney (60m)

20
8:30amPT/11:30amET
Monday Message &
Yule Log Meditation
with Karson (30m)

21
5:30amPT/ 8:30amET
Pilates with Charlotte
8:30amPT/ 11:30amET
Winter Solstice Ritual
with Tierney (45min)


22
5pmPT/ 8pmET
Cozy Restorative
with Tierney (60m)

23
8:30amPT/ 11:30amET
Cozy Kula Flow
with Karson (30min)

24 **Christmas Eve**
9amPT/ 12pmET
Merry Mellow Hatha
with Tierney (60min)



26 **Kwanzaa**
6amPT/ 9amET
Dance Sculpt with Charlotte
(55m)

27 **Boxing Day**
8:30amPT/11:30amET
Holiday Party
Ugly Sweater
Secret Santa
Show & Tell (60m)


28
5:30amPT/ 8:30amET
Pilates with Charlotte
8:30amPT/ 11:30amET
Soul Warming Vinyasa
with Tierney (45min)

29
5pmPT/ 8pmET
Cozy Restorative
with Tierney (60m)

30
8:30amPT/ 11:30amET
Cozy Kula Flow
with Karson (30min)

31 **New Years Eve**
9amPT/ 12pmET
Mellow Hatha: Goodbye 2021
with Tierney (60m)

1 **Happy New Year**
10amPT/ 1pmET
New Year's Workshop
with Karson (2hr)*