

KUR YOGA

Choose from two options every morning at 9:30am
In-Studio or Virtual Livestream

IN-STUDIO (4 max): Our yoga studio is open at only 25% capacity with enhanced protocols to ensure your safety. You may arrive up to 15 mins early wearing your mask to settle in. You are allowed to remove your mask during asanas provided you maintain a safe distance from others.

LIVESTREAM (no max): Join class from the comfort of your home. We will email you a link to Zoom with instructions the day before class.

RECORDED CLASSES: All classes will be recorded, including capturing students in class. If you registered and paid, and miss the live class, a link will be emailed to you to of the recorded class, which will be available for 48 hours.

SCHEDULE: All classes start at 9:30am and run for 60 minutes.

MON	TUE	WED	THU
Slow Flow	Vinyasa Flow	Yoga Sculpt	Vinyasa Flow
Stacey	MaryAnn	Megan	MaryAnn



FRI	SAT	SUN
Yin Yoga	Vinyasa Flow	Vinyasa Flow
Stacey	Megan	Megan or MaryAnn

New students: to enroll in your first **FREE** class, call 732-361-8956 or email info@kurstudios.com. Be sure to provide the class you'd like in along with your full name and phone number when you contact us.

REGISTER online or call 732-361-8956 to reserve your space.

Yoga Class Pricing

Drop-In: **\$15**

10-Class Pack: **\$125** (\$12.50 each)

20-Class Pack: **\$225** (\$11.25 each)

1-Month Unlimited: **\$90** (or **\$79** in our Club)

First-Month Unlimited: **\$45** (new students)