

KUR YOGA

Every morning at 9:30-10:30am

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



FRI	SAT	SUN
Yin Yoga	Yoga Sculpt	Vinyasa Flow
Stacey	Megan	Trey

LIVESTREAM (no max): EVERYDAY

IN-STUDIO (5 max): Tuesday, Thursday & Saturday only.

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.

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

New students: to enroll in your first **FREE Livestream** 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.

New to Kur? Online Registration Instructions

Just click anywhere on our website where it says **Sign up for a Class** and create a new account. It is important, for all members, to **VERIFY YOUR EMAIL** is typed in correctly since after you appear in our MindBody roster, we will separately email you a link to Zoom with instructions.

Optional: Download the MindBody app to your mobile phone and search for Kur Wellness Studios. Add us as a favorite to easily access us on this powerful app.

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)

New Student Package: **\$99** (60min Private Session + 1-Month Unlimited)