

Virtual

kota
WELLNESS



LIVE

*30-min Bodyweight
Workouts w/ Debi*

Monday & Thursday's
5:30PM

INSTAGRAM LIVE

LIVE

*45-min Yoga Flow
w/ Lorraine*

Tuesday's 5:30PM
Saturday's 8:30AM

FACEBOOK LIVE

LIVE

*30-min Mindfulness
w/ Dorsey*

Wednesday's 5:30PM

ZOOM

Friday's 12PM

ZOOM

CAN'T MAKE THE LIVESTREAMS?

Watch on your schedule

ON DEMAND

