




MONDAY


 **5.30 PM** **INTERMEDIATE HULA**
6.45 PM with Kumu Leialoha
Ilae-Kaleimamahu
\$150 per month / No drop ins
Location: Blue Moon Room

TUESDAY

 **8.30 AM** **SLOW FLOW 6-0 YOGA**
9.45 AM with Jared
\$10 - \$20 Sliding scale
Location: Blue Moon Room


 **9 AM** **GARDEN CLUB**
11 AM with Alejandro
Free / Donations welcome
Location: Gardens

WEDNESDAY

 **10 AM** **BUDDHI YOGA**
11.30 AM with Lily
\$10 - \$20 Sliding scale
Location: Blue Moon Room


 **5.30 PM** **INTERMEDIATE HULA SERIES**
6.45 PM with Kumu Leialoha
Ilae-Kaleimamahu
\$150 per month / No drop ins
Location: Blue Moon Room

THURSDAY


 **9 AM** **ROOTS OF YOGA**
10.15 AM with Marcia
\$10 - \$20 sliding scale
Location: Blue Moon Room


 **5.30 PM** **PARTNER ACRO**
7 PM with Lilia & Wayne
\$15 per person
Location: Blue Moon Room


FRIDAY

 **11.30 AM** **BUDDHI YOGA**
1 PM with Hailey
\$15 - \$30 Sliding scale
Location: Blue Moon Room


SATURDAY

 **9.15 AM** **SEATED MEDITATION**
9.45 AM with LiLi
\$5 Suggested donation
Location: Blue Moon Room

 **10 AM** **CORE VINAYASA**
11.15 AM with LiLi
\$10 - \$20 Sliding scale
Location: Blue Moon Room

 **11.30 AM** **SEVA SERVICE**
12.40 PM with Reo
Pay what you can, from the heart
Location: Blue Moon Room

SUNDAY


 **10 AM** **YOGA AND WARM UP**
11 AM with Movement Church
11 AM **OPENING CIRCLE**
11.15 AM with Varying Facilitators
11.15 AM **ECSTATIC DANCE**
1.30 PM with Live DJ Every Week
1.30 PM **CLOSING CIRCLE**
1:45 PM with Varying Facilitators
\$20 for Yoga and Ecstatic Dance
\$15 for Ecstatic Dance Only
Payment Accepted at Hale Aloha
Location: Blue Moon Room

LEGEND

TYPES OF CLASSES

 **MOVEMENT AND MINDFULNESS**

 **GARDENS**

 **RECREATION OR SKILL SHARE**

STUDIO LOCATIONS

BLUE MOON ROOM

GARDENS

HALE ALOHA

OCEAN VISTA 25 STUDIO