

**MONDAY**



5.30 PM **INTERMEDIATE HULA**  
with Kumu Leialoha  
6.45 PM Ilae-Kaleimamahua  
Registration required / No drop ins  
Location: Blue Moon Room

**TUESDAY**



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



11.30 AM **BEGINNER HULA SERIES**  
12.30 PM with Kumu Leialoha  
Ilae-Kaleimamahua  
Registration required / No drop ins  
Location: Blue Moon Room



9.30 AM **GARDEN CLUB**  
11 AM with Rebekah  
Free / Donations welcome  
Location: Gardens



3.15 PM **BRAZILIAN JIU JITSU**  
5 PM with Jack & Caleb  
\$20 per person  
Location: Blue Moon Room



5.30 PM **BLUE MOON DREAMING: YOGA**  
7 PM **NIDRA & SOUND HEALING**  
with Kelly C. with Kirt & Laura  
of Creative Frequencies  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room

**WEDNESDAY**



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



5.30 PM **INTERMEDIATE HULA**  
6.45 PM with Kumu Leialoha  
Ilae-Kaleimamahua  
Registration required / 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



11.30 AM **BEGINNER HULA SERIES**  
12.30 PM with Kumu Leialoha  
Ilae-Kaleimamahua  
Registration required / No drop ins  
Location: Blue Moon Room



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

**FRIDAY**

**SATURDAY**

**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**  
2 PM with Varying Facilitators  
\$20 for Yoga and Ecstatic Dance

\$15 for Ecstatic Dance Only  
Payment Accepted at Hale Aloha  
Location: Blue Moon Room



4 PM **SOUND ALCHEMY INTEGRATION**  
7 PM with Various Facilitators  
\$2 - \$222 Suggested donation  
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