

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LEGEND

TYPES OF CLASSES



MOVEMENT AND
MINDFULNESS



GARDENS



RECREATION
OR SKILL SHARE

STUDIO LOCATIONS

BLUE MOON ROOM

GARDENS

HALE ALOHA

OCEAN VISTA 25 STUDIO



8.30 AM **SLOW FLOW 6-0 YOGA**
9.45 AM with Jared
\$10 - \$20 Sliding scale
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



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



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



9.30 AM **BEGINNER BODHISATTVA**
10.30 AM **MEDITATION**
with Paolo
Donations welcome
Location: Blue Moon Room



11 AM **YOGA AND SOUND FUSION**
12.15 PM with Nina
\$10 - \$20 Sliding scale
Location: Blue Moon Room



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