

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



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



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



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



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



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



2 PM BRAZILIAN JIU JITSU: ADULTS
3.30 PM with Jack & Caleb
\$20 per person
Location: Blue Moon Room



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

FRIDAY

SATURDAY

SUNDAY



3.15 PM SACRED SISTER YOGA
4.15 PM with LiLi
\$10 - \$20 Sliding scale
Location: Blue Moon Room



9.30 AM BEGINNER BODHISATTVA
10.30 PM **MEDITATION**
with Paolo
Donations welcome
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



4.30 PM CRYSTAL SOUND BATH
5 PM with LiLi
\$5 - \$15 Sliding scale
Location: Blue Moon Room



11 AM YOGA AND SOUND FUSION
12.15 PM with Nina
\$10 - \$20 Sliding scale
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