

## MONDAY



**3 PM**  
**5 PM**  
**NERVOUS SYSTEM RESET**  
with Baba Rave  
Donations welcome  
Location: Blue Moon Room

## TUESDAY



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



**11.30 AM**  
**1 PM**  
**HĀLAU HULA**  
with Kumu Leialoha  
Ilae-Kaleimamahu  
Registration required / No drop ins  
Location: Blue Moon Room



**1.30 PM**  
**2.30 PM**  
**BEGINNER HULA SERIES**  
with Kumu Leialoha  
Ilae-Kaleimamahu  
Registration required / No drop ins  
Location: Blue Moon Room



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



**4 PM**  
**5.30 PM**  
**GARDEN CLUB**  
with Rebekah  
Free / Donations welcome  
Location: Gardens



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

## WEDNESDAY



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



**4 PM**  
**5 PM**  
**BALLROOM DANCING**  
with Kai  
\$15 - \$30 Sliding scale  
Location: Blue Moon Room

## THURSDAY



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



**11.30 AM**  
**1 PM**  
**HĀLAU HULA**  
with Kumu Leialoha  
Ilae-Kaleimamahu  
Registration required / No drop ins  
Location: Blue Moon Room



**1.30 PM**  
**2.30 PM**  
**BEGINNER HULA SERIES**  
with Kumu Leialoha  
Ilae-Kaleimamahu  
Registration required / No drop ins  
Location: Blue Moon Room



**3 PM**  
**4.30 PM**  
**HOLISTIC MOVEMENT**  
with Olha Amanita  
\$10 - \$20 Sliding scale  
Location: Blue Moon Room

## FRIDAY



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

## SATURDAY



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

## SUNDAY



**10 AM**  
**11 AM**  
**YOGA AND WARM UP**  
with Movement Church

**11 AM**  
**11.15 AM**  
**OPENING CIRCLE**  
with Varying Facilitators

**11.15 AM**  
**1.30 PM**  
**ECSTATIC DANCE**  
with Live DJ Every Week

**1.30 PM**  
**2 PM**  
**CLOSING CIRCLE**  
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**  
**7 PM**  
**SOUND ALCHEMY INTEGRATION**  
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**