

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 **ĀHALU 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

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 **ĀHALU 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 - 1.30 PM **CLOSING CIRCLE**
with Varying Facilitators
\$20 for Yoga and Ecstatic Dance

 2 PM - 2 PM \$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