

Week of January 5th - 11th



2026

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



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



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



9.30 AM BODHISATTVA MEDITATION
10.30 AM with Karma
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 PM SOUND ALCHEMY INTEGRATION
7 PM with Various Facilitators
\$2 - \$222 Suggested donation
Location: Blue Moon Room



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



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