



MONDAY


 **10 AM HE'E ASHTANGA YOGA**
11.30 AM with Paul
\$10 - \$20 Sliding scale
Location: Blue Moon Room


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


TUESDAY


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

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


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

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


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

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


WEDNESDAY


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

THURSDAY

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

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


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

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


FRIDAY

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

SATURDAY

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

SUNDAY


 **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

LEGEND

TYPES OF CLASSES

 MOVEMENT AND MINDFULNESS

 GARDENS

 RECREATION OR SKILL SHARE

STUDIO LOCATIONS

BLUE MOON ROOM

GARDENS

HALE ALOHA

OCEAN VISTA 25 STUDIO