

**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  
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  
1.30 PM with Varying Facilitators  
2 PM \$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