

MONDAY**TUESDAY****WEDNESDAY****THURSDAY**

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

 11.30 AM **ĀLAU 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

FRIDAY**SATURDAY****SUNDAY****LEGEND**

 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**
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

TYPES OF CLASSES

	MOVEMENT AND MINDFULNESS
	GARDENS
	RECREATION OR SKILL SHARE

STUDIO LOCATIONS

BLUE MOON ROOM
GARDENS
HALE ALOHA
OCEAN VISTA 25 STUDIO