

MONDAY



10 AM **HE'E ASHTANGA YOGA**
11.30 AM with Paul
\$10 - \$20 Sliding scale
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



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



6 PM **OPEN MIC NIGHT**
9 PM with Community Artists
Free
Location: Hale Aloha

WEDNESDAY



10 AM **BUDDHI YOGA**
11.30 AM with Lily
\$10 - \$20 Sliding scale
Location: Blue Moon Room



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