

**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**

9 AM **FOUNDATIONS OF DANCE**  
10.30 AM with Sage  
\$10 per person / Donations welcome  
Location: Blue Moon Room

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

1 PM **FLOW ARTS**  
2 PM with Marcus  
\$15 - \$20 Sliding scale  
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