




MONDAY


 **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


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

 **1 PM FLOW ARTS**
 2 PM with Marcus
 \$15 - \$20 Sliding scale
 Location: Blue Moon Room


 **3 PM STEWARDSHIP SATURDAYS**
 6 PM with Support Local Hawaii
 Free
 Location: Blue Moon Room

WEDNESDAY

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

 **3 PM HOLISTIC MOVEMENT**
 4.30 PM with Olha Amanita
 \$10 - \$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

THURSDAY

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

 **3 PM HOLISTIC MOVEMENT**
 4.30 PM with Olha Amanita
 \$10 - \$20 Sliding scale
 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