



**MONDAY**


**TUESDAY**

**WEDNESDAY**

**THURSDAY**


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


 **4 PM BREATH MYSTERY**  
 7 PM with Igor  
 \$20 - \$30 sliding scale  
 Location: Blue Moon Room


 **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


 **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

 **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

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

 **9 AM FOUNDATIONS OF DANCE**  
 10.30 AM with Sage  
 \$10 per person / Donations welcome  
 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 YOGA**  
 12.15 PM with Serenity  
 \$10 - \$20 Sliding scale  
 Location: Blue Moon Room


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

**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

 **12.30 PM PEACE IS EVERY STEP (SERIES)**  
 1.30 PM with Serenity  
 \$10 - \$20 Sliding scale  
 Location: Blue Moon Room

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

 **4 PM SOUND ALCHEMY INTEGRATION**  
 7 PM with Various Facilitators  
 \$2 - \$222 Suggested donation  
 Location: Blue Moon Room

 **6.45 PM PARTNER ACRO**  
 8 PM with Lilia & Wayne  
 \$15 per person  
 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