




**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


**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**

 **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

**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**