


MONDAY


TUESDAY


WEDNESDAY


THURSDAY


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


 **4 PM - 5 PM BALLROOM DANCING**
with Kai
\$15 - \$30 Sliding scale
Location: Blue Moon Room


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

 **1.30 PM - 2.30 PM BEGINNER HULA HŌ'IKE**
with Kumu Leialoha Ilae-Kaleimamahu
Free / Bring a Potluck Dish
Location: Blue Moon Room

 **3 PM - 4.30 PM HOLISTIC MOVEMENT**
with Olha Amanita
\$10 - \$20 Sliding scale
Location: Blue Moon Room

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


 **4 PM - 5.30 PM GARDEN CLUB**
with Rebekah
Free / Donations welcome
Location: Gardens


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


FRIDAY


SATURDAY

SUNDAY

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

 **9 AM - 10.30 AM AWAKEN THE SACRED WITHIN: KUNDALINI YOGA**
with Ashtar
\$20 Suggested donation
Location: Blue Moon Room

 **10 AM - 11 AM YOGA AND WARM UP**
with Movement Church


 **3 PM - 4.30 PM SACRED BREATHWORK**
with Ashtar
\$25 Suggested donation
Location: Blue Moon Room


11 AM - 11.15 AM OPENING CIRCLE
with Varying Facilitators

11.15 AM - 1.30 PM ECSTATIC DANCE
with Live DJ Every Week

1.30 PM - 2 PM CLOSING CIRCLE
with Varying Facilitators
\$20 for Yoga and Ecstatic Dance

\$15 for Ecstatic Dance Only
Payment Accepted at Hale Aloha
Location: Blue Moon Room

 **6.45 PM - 8 PM PARTNER ACRO**
with Lilia & Wayne
\$15 per person
Location: Blue Moon Room


 **4 PM - 7 PM SOUND ALCHEMY INTEGRATION**
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