

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**LEGEND**



8.30 AM **SLOW FLOW 6-0 YOGA**  
9.45 AM with Jared  
\$10 - \$20 Sliding scale  
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



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



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



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

**TYPES OF CLASSES**



MOVEMENT AND MINDFULLNESS



GARDENS



RECREATION OR SKILL SHARE

**STUDIO LOCATIONS**

BLUE MOON ROOM

GARDENS

HALE ALOHA

OCEAN VISTA 25 STUDIO