

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LEGEND



8.30 AM **SLOW FLOW 6-0 YOGA**
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



4 PM **BALLROOM DANCING**
5 PM
with Kai
\$15 - \$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



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



10 AM **KING CODES: MEN'S RETREAT**
2 PM
with Megan Hadley
Advanced registration required
\$100 Deposit
Location: Blue Moon Room



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



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



9 AM **AWAKEN THE SACRED WITHIN:**
10.30 AM **KUNDALINI YOGA**
with Ashtar
\$20 Suggested donation
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 MINDFULNESS

GARDENS

RECREATION OR SKILL SHARE

STUDIO LOCATIONS

BLUE MOON ROOM

GARDENS

HALE ALOHA

OCEAN VISTA 25 STUDIO