

MONDAY



10.30 AM GENTLE KUNDALINI YOGA
11.30 AM FOR EVERYBODY
with Sarah
\$10 - \$20 Sliding scale
Location: Blue Moon Room

TUESDAY



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 Flo
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



5 PM SOUND HEALING
6 PM with Dani
\$11 - \$33 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



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

FRIDAY



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

SATURDAY

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
\$5 - \$25 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