

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



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

WEDNESDAY



10 AM **BUDDHI YOGA**
11.30 AM with Lily
\$10 - \$20 Sliding scale
Location: Blue Moon Room



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

THURSDAY



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

FRIDAY

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