

MONDAY



3 PM
4.15 PM
WHOLISTIC BALLET
with Rachel
\$10 - \$20 Sliding scale
Location: Blue Moon Room



4.30 PM
5.45 PM
WISDOM TRADITIONS OF YOGA
YOGA
with Tomas and Serenity
\$10 - \$20 Sliding scale
Location: Blue Moon Room

TUESDAY



8.30 AM
9.45 AM
SLOW FLOW YOGA
with Jared
\$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



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

WEDNESDAY



8.30 AM
9.45 AM
KUNDALINI YOGA
with Silke
\$10 - \$20 Sliding scale
Location: Blue Moon Room



10.30 AM
12 PM
BUDDHI MANA
with Lily
\$10 - \$20 Sliding scale
Location: Blue Moon Room



3 PM
4.15 PM
WHOLISTIC BALLET
with Rachel
\$10 - \$20 Sliding scale
Location: Blue Moon Room



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



4.30 PM
5.45 PM
VINYASA YOGA
with Robin
\$10 - \$20 Sliding scale
Location: Blue Moon Room



6 PM
7.30 PM
BELLYDANCE SERIES
with Hailey
\$25 Drop In / \$100 Full Series
Location: Blue Moon Room

THURSDAY



8.30 AM
9.45 AM
ROOTS OF YOGA
with Marcia
\$10 - \$20 sliding scale
Location: Blue Moon Room



10.30 AM
12 PM
SAMBA REGGAE
with Rachel
\$10 - \$20 Sliding scale
Location: Blue Moon Room



5.30 PM
7.30 PM
CONTACT IMPROV JAM
with Signa
\$10 - \$20 sliding scale
Location: Blue Moon Room

FRIDAY



8.30 AM
9.45 AM
ROOT TO RISE YOGA
with Lori
\$10 - \$20 Sliding scale
Location: Blue Moon Room



10.30 AM
12 PM
KUNDALINI BLISS FLOW
with Signa
\$10 - \$20 Sliding scale
Location: Blue Moon Room



5 PM
6 PM
SOUND HEALING
with Dani
\$11 - \$33 Sliding scale
Location: Blue Moon Room



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

SATURDAY



2 PM
3 PM
MAILATES
with Maile
Donations of Any Amount Welcome
Location: Blue Moon Room

SUNDAY



10 AM
11 AM
YOGA AND WARM UP
with Marcia

11 AM
11.15 AM
OPENING CIRCLE
with Varying Facilitators

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



4 PM
7 PM
SOUND ALCHEMY INTEGRATION
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