

## 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



7 AM  
8 AM  
**MAT PILATES**  
with Susana  
\$15 per person  
Location: Blue Moon Room



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  
**SLOW FLOW YOGA**  
with Jared  
\$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



10.30 AM  
3.30 PM  
**KIDS FUN DAY**  
with Charity, Faith & Caleb  
Text / call (808) 785-8251  
for information and to reserve a spot!  
Location: Blue Moon Room

## SUNDAY



10 AM  
11 AM  
**YOGA AND WARM UP**  
with Jared

11 AM  
11.15 AM  
**OPENING CIRCLE**  
with Varying Facilitators

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

1.30 PM  
2 PM  
**CLOSING CIRCLE**  
with Varying Facilitators  
\$20 for Yoga and Ecstatic Dance

Payment Accepted at Hale Aloha  
Location: Blue Moon Room

## LEGEND

### TYPES OF CLASSES



MOVEMENT AND  
MINDFULLNESS



GARDENS



RECREATION  
OR SKILL SHARE

### STUDIO LOCATIONS

BLUE MOON ROOM

GARDENS

HALE ALOHA