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

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 **FOLKLORIC FUSION**
with Rachel
$10 - $20 Sliding scale
Location: Blue Moon Room

3 PM – 4.15 PM **HOLISTIC MOVEMENT**
with Olha Amanita
$10 - $20 Sliding scale
Location: Blue Moon Room

4.30 PM – 6.30 PM **CONTACT IMPROV JAM**
with Naga
$10 - $20 sliding scale
Location: Blue Moon Room

FRIDAY

10.30 AM – 2 PM **KUPUNA MEAL**
with Mālama Nā Kūpuna
Free, Advance registration required
Text Petronila at (808) 493 - 5369
Location: Blue Moon Room

SATURDAY

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

4 PM – 7 PM **SOUND ALCHEMY INTEGRATION**
with Various Facilitators
$5 - $25 Suggested donation
Location: Blue Moon Room

LEGEND

TYPES OF CLASSES

MOVEMENT AND MINDFULLNESS

GARDENS

RECREATION OR SKILL SHARE

STUDIO LOCATIONS

BLUE MOON ROOM

GARDENS

HALE ALOHA