Week of November 23rd - 29th

KALANI

2026

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

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 **KUNDALINI YOGA**
with Silke
$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 Lori

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