Week of November 2nd - 8th

KALANI

2026

## MONDAY

3 PM – 4.15 PM **WHOLISTIC BALLET**
with Rachel
$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 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 **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
*This class is for women only
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 **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