



November 2023 Class Schedule



FITNESS CENTER

HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 GENTLE YOGA 9-10am (Laurie)	2 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	3 GENTLE YOGA 9-10am (Laurie)	4 MIND BODY PILATES 9:30-10:30am (Alix)
5	6 STRENGTH/H.I.I.T. 9-10am (Melissa) ALL LEVEL YOGA 2:30-3:30pm (Jackie)	7 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	8 GENTLE YOGA 9-10am (Laurie)	9 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	10 GENTLE YOGA 9-10am (Laurie)	11 MIND BODY PILATES 9:30-10:30am (Alix)
12 SOUND BATH 4:00-5:00pm (Christne)	13 STRENGTH/H.I.I.T. 9-10am (Melissa) ALL LEVEL YOGA 2:30-3:30pm (Jackie)	14 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	15 GENTLE YOGA 9-10am (Laurie)	16 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	17 GENTLE YOGA 9-10am (Laurie)	18 MIND BODY PILATES 9:30-10:30am (Alix)
19	20 STRENGTH/H.I.I.T. 9-10am (Melissa) ALL LEVEL YOGA 2:30-3:30pm (Jackie)	21 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	22 GENTLE YOGA 9-10am (Laurie)	23  GRATITUDE YOGA 9-10am (Jackie) THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	24 GENTLE YOGA 9-10am (Laurie)	25 MIND BODY PILATES 9:30-10:30am (Alix)
26	27 STRENGTH/H.I.I.T. 9-10am (Melissa) ALL LEVEL YOGA 2:30-3:30pm (Jackie)	28 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	29 GENTLE YOGA 9-10am (Laurie)	30 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)		