



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Personal Training
Available Upon
Request



July 2024 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
				THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie) TRUNK SHOW 1-3pm (Diana)	
7	8	9	10	11	12	13
TRX PILATES 9-10am (Alix)	STRENGTH/H.I.I.T. 9-10am (Melissa)	YOGA SCULPT 9-10am (Jackie) THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie) SOUND BATH 4-5pm (Christine)	GENTLE YOGA 9-10am (Laurie)	
14	15	16	17	18	19	20
TRX PILATES 9-10am (Alix)	STRENGTH/H.I.I.T. 9-10am (Melissa)	YOGA SCULPT 9-10am (Jackie) THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	LAKE YOGA 5-6pm(Laurie)	GENTLE YOGA 9-10am (Laurie)	
21	22	23	24	25	26	27
TRX PILATES 9-10am (Alix)	STRENGTH/H.I.I.T. 9-10am (Melissa)	YOGA SCULPT 9-10am (Jackie) THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	
28	29	30	31			
TRX PILATES 9-10am (Alix)	STRENGTH/H.I.I.T. 9-10am (Melissa)	YOGA SCULPT 9-10am (Jackie) THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)			