



August 2024 Class Schedule



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Personal Training
Available Upon
Request



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