



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Personal Training
Available Upon
Request



October 2024 Class Schedule



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