



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Personal Training
Available Upon
Request



September 2024 Class Schedule



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