



FITNESS CENTER

HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Personal Training
Available Upon
Request



December 2024 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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TRX PILATES 9-10am(Alix)	YOGA SCULPT 11am-12pm (Sara)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	
TRX PILATES 9-10am(Alix)	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)	
TRX PILATES 9-10am(Alix)	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)	
TRX PILATES 9-10am(Alix)	YOGA SCULPT 9-10am(Jackie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	JOYFUL YOGA 9-10am (Laurie) 	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	
TRX PILATES 9-10am(Alix)	YOGA SCULPT 9-10am(Jackie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)				