



February 2025 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
MAT PILATES 9-10am (Alix) 2	YOGA SCULPT 9-10am (Jackie) 3	4	5	6	7	8
		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	
MAT PILATES 9-10am (Alix) 9	YOGA SCULPT 9-10am (Jackie) 10	11	12	13	14	15
		THERAPEUTIC YOGA 2:30-3:30pm (Laurie) 11	GENTLE YOGA 9-10am (Laurie) 12	THERAPEUTIC YOGA 2:30-3:30pm (Laurie) 13	GENTLE YOGA 9-10am (Laurie) 14	
MAT PILATES 9-10am (Alix) 16	YOGA SCULPT 9-10am (Jackie) 17	18	19	20	21	22
		THERAPEUTIC YOGA 2:30-3:30pm (Laurie) 18	GENTLE YOGA 9-10am (Laurie) 19	THERAPEUTIC YOGA 2:30-3:30pm (Laurie) 20	GENTLE YOGA 9-10am (Laurie) 21	
MAT PILATES 9-10am (Alix) 23	YOGA SCULPT 9-10am (Jackie) 24	25	26	27	28	
		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	