



# March 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
2 MAT PILATES 9-10am(Alix)	3 YOGA SCULPT 9-10am (Jackie)	4 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	5 GENTLE YOGA 9-10am (Laurie)	6 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	7 GENTLE YOGA 9-10am (Laurie)	8
9 MAT PILATES 9-10am(Alix)	10 YOGA SCULPT 9-10am(Jackie)	11 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	12 GENTLE YOGA 9-10am (Laurie)	13 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	14 GENTLE YOGA 9-10am (Laurie)	15
16 MAT PILATES 9-10am(Alix)	17 YOGA SCULPT 9-10am(Jackie)	18 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	19 GENTLE YOGA 9-10am (Laurie)	20 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	21 GENTLE YOGA 9-10am (Laurie)	22
23 MAT PILATES 9-10am(Alix)	24 YOGA SCULPT 9-10am(Jackie)	25 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	26 JOYFUL YOGA 9-10am (Laurie)	27 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	28 GENTLE YOGA 9-10am (Laurie)	29
30 MAT PILATES 9-10am(Alix)	31 YOGA SCULPT 9-10am(Jackie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)				