



May 2025 Class Schedule



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Kids private yoga, sound baths, and personal training all available upon request



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie) SOUND BATH 5-6pm (Christine)	3 HIIT & STRENGTH 9-10am (Melissa)
4 MAT PILATES 9-10am (Alix) WIM HOF 9-11am (Gokhan)	5 YOGA SCULPT 9-10am (Jackie)	6 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	7 GENTLE YOGA 9-10am (Laurie)	8 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	9 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie)	10 HIIT & STRENGTH 9-10am (Melissa) SOUND BATH 4-5pm (Christine)
11 MAT PILATES 9-10am (Alix) MOTHER'S DAY PERFUME CLASS 2-4pm (Emilie)	12 YOGA SCULPT 9-10am (Jackie)	13 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	14 GENTLE YOGA 9-10am (Laurie)	15 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	16 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie) SOUND BATH 5-6pm (Christine)	17 HIIT & STRENGTH 9-10am (Melissa)
18 MAT PILATES 9-10am (Alix)	19 YOGA SCULPT 9-10am (Jackie)	20 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	21 GENTLE YOGA 9-10am (Laurie)	22 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	23 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie)	24 HIIT & STRENGTH 9-10am (Melissa) SOUND BATH 4-5pm (Christine)
25 MAT PILATES 9-10am (Alix)	26 YOGA SCULPT 9-10am (Jackie)	27 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	28 GENTLE YOGA 9-10am (Laurie)	29 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	30 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie)	31 HIIT & STRENGTH 9-10am (Melissa)