



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

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



July 2025 Class Schedule



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