



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



August 2025 Class Schedule



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