



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



October 2025 Class Schedule



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