



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



November 2025 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						HIIT & STRENGTH 1 9-10am (Melissa) KIDS YOGA 11am-11:30 (Jackie) IV INFUSION 10am-4pm (Jean) SOUND BATH 4-5pm (Christine)
MAT PILATES 2 9-10am (Alix)	YOGA SCULPT 3 9-10am (Jackie)		GENTLE YOGA 5 9-10am (Laurie)		GENTLE YOGA 7 9-10am (Laurie)	HIIT & STRENGTH 8 9-10am (Melissa) KIDS YOGA 11am-11:30 (Jackie) SOUND BATH 4-5pm (Christine)
		THERAPEUTIC YOGA 2:30-3:30pm (Laurie)		THERAPEUTIC YOGA 2:30-3:30pm (Laurie)		
MAT PILATES 9 9-10am (Alix)	YOGA SCULPT 10 9-10am (Jackie)		GENTLE YOGA 12 9-10am (Laurie)	BOTOX/VITAMIN POP UP 13 10-4pm (Jean) THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 14 9-10am (Laurie)	HIIT & STRENGTH 15 9-10am (Melissa) KIDS YOGA 11am-11:30 (Jackie) SOUND BATH 4-5pm (Christine)
		THERAPEUTIC YOGA 2:30-3:30pm (Laurie)				
MAT PILATES 16 9-10am (Alix)	YOGA SCULPT 17 9-10am (Jackie)		GENTLE YOGA 19 9-10am (Laurie)		GENTLE YOGA 21 9-10am (Laurie)	HIIT & STRENGTH 22 9-10am (Melissa) LITTLE TURKEY YOGA 11am-11:30 (Jackie) CANDLE MAKING 2-4pm (Tara) SOUND BATH 5-6pm (Christine)
		THERAPEUTIC YOGA 2:30-3:30pm (Laurie)		THERAPEUTIC YOGA 2:30-3:30pm (Laurie)		
MAT PILATES 23 9-10am (Alix)	YOGA SCULPT 24 9-10am (Jackie)		GENTLE YOGA 26 9-10am (Laurie)	 BOTOX/VITAMIN POP UP 27 10-4pm (Jean) GRATITUDE YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 28 9-10am (Laurie)	HIIT & STRENGTH 29 9-10am (Melissa) LITTLE TURKEY YOGA 11am-11:30 (Jackie) SOUND BATH 4-5pm (Christine)
MAT PILATES 30 9-10am (Alix)		THERAPEUTIC YOGA 2:30-3:30pm (Laurie)				