



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



January 2026 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				BOTOX & VITAMIN SHOTS 10am - 1pm THERAPEUTIC YOGA 2:30-3:30pm (Sara)	GENTLE YOGA 9-10am (Laurie)	HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11am-11:30 (Jackie) SOUND BATH 4-5pm (Christine)
MAT PILATES 9-10am (Alix)	YOGA SCULPT 9-10am (Jackie)	THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	BOTOX & VITAMIN SHOTS 10am - 1pm THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	GENTLE YOGA 9-10am (Laurie)	HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11am-11:30 (Jackie) SOUND BATH 4-5pm (Christine)
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