



March 2026 Class Schedule



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



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