



May 2026 Class Schedule



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 GENTLE YOGA 9-10am (Sara) BOUQUET CLASS 4-5pm (Alexandra)	2 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
3 MAT PILATES 9-10am (Alix)	4 YOGA SCULPT 9-10am (Jackie) BOTANICAL SCAVENGER HUNT BEGINS	5 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	6 GENTLE YOGA 9-10am (Sara)	7 LEATHER POP UP & CRAFTING 11-5pm (Kayrene) BOTANICAL YOGA WALK 2:30-3:30pm (Sara)	8 GENTLE YOGA 9-10am (Sara) LEATHER POP UP & CRAFTING 11-5pm (Kayrene) BOUQUET CLASS 4-5pm (Alexandra)	9 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)	
10 MAT PILATES 9-10am (Alix)	11 YOGA SCULPT 9-10am (Jackie)	12 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	13 GENTLE YOGA 9-10am (Sara)	14 BOTANICAL YOGA WALK 2:30-3:30pm (Sara)	15 GENTLE YOGA 9-10am (Sara) BOUQUET CLASS 4-5pm (Alexandra)	16 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)	
17 MAT PILATES 9-10am (Alix)	18 YOGA SCULPT 9-10am (Jackie) LEATHER POP UP & CRAFTING 11-5pm (Kayrene) BOTANICAL SCAVENGER HUNT ENDS	19 LEATHER POP UP & CRAFTING 11-5pm (Kayrene) FUNCTIONAL YOGA 2:30-3:30pm (Sara)	20 GENTLE YOGA 9-10am (Sara)	21 BOTANICAL YOGA WALK 2:30-3:30pm (Sara)	22 GENTLE YOGA 9-10am (Sara)	23 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)	
24 MAT PILATES 9-10am (Alix) WELL CONNECTED POP UP 2-5pm (Kayrene)	25 YOGA SCULPT 9-10am (Jackie)	26 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	27 GENTLE YOGA 9-10am (Sara)	28 MINDFUL FLOW 2:30-3:30pm (Sara)	29 GENTLE YOGA 9-10am (Sara)	30 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)	

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

