



July 2026 Class Schedule



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$35 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 GENTLE YOGA 9-10am (Sara)	2 VINYASA FLOW 9-10am (Christine) MINDFUL FLOW 2:30-3:30pm (Sara)	3 GENTLE YOGA 9-10am (Sara)	4 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
5 MAT PILATES 9-10am (Alix)	6 YOGA SCULPT 9-10am (Jackie)	7 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	8 GENTLE YOGA 9-10am (Sara)	9 VINYASA FLOW 9-10am (Christine) MINDFUL FLOW 2:30-3:30pm (Sara)	10 GENTLE YOGA 9-10am (Sara)	11 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
12 MAT PILATES 9-10am (Alix)	13 YOGA SCULPT 9-10am (Jackie)	14 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	15 GENTLE YOGA 9-10am (Sara)	16 VINYASA FLOW 9-10am (Christine) MINDFUL FLOW 2:30-3:30pm (Sara)	17 GENTLE YOGA 9-10am (Sara)	18 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
19 MAT PILATES 9-10am (Alix)	20 YOGA SCULPT 9-10am (Jackie)	21 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	22 GENTLE YOGA 9-10am (Sara)	23 VINYASA FLOW 9-10am (Christine) MINDFUL FLOW 2:30-3:30pm (Sara)	24 GENTLE YOGA 9-10am (Sara)	25 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
26 MAT PILATES 9-10am (Alix)	27 YOGA SCULPT 9-10am (Jackie)	28 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	29 GENTLE YOGA 9-10am (Sara)	30 MINDFUL FLOW 2:30-3:30pm (Sara) LAKE YOGA 4-5pm (Christine)	31 GENTLE YOGA 9-10am (Sara)	