June 2026 Class Schedule

SPA & WELLNESS · ALISAL RANCH ·

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