



FITNESS CENTER HOURS

Daily 6am - 7pm

CLASS FEE

\$35 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Kids private yoga, sound
baths and personal
training all available upon
request



August 2026 Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						HIIT & STRENGTH 1 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
MAT PILATES 2 9-10am (Alix)	YOGA SCULPT 3 9-10am (Jackie)	4	5 GENTLE YOGA 9-10am (Jackie)	6	7 GENTLE YOGA 9-10am (Sara)	8 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
9 MAT PILATES 9-10am (Alix)	10 YOGA SCULPT 9-10am (Jackie)	11 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	12 GENTLE YOGA 9-10am (Sara)	13 MINDFUL FLOW 2:30-3:30pm (Sara)	14 GENTLE YOGA 9-10am (Christine)	15 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
16 MAT PILATES 9-10am (Alix)	17 YOGA SCULPT 9-10am (Jackie)	18 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	19 GENTLE YOGA 9-10am (Sara)	20 MINDFUL FLOW 2:30-3:30pm (Christine)	21 GENTLE YOGA 9-10am (Sara)	22 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
23	24 YOGA SCULPT 9-10am (Jackie)	25	26 GENTLE YOGA 9-10am (Sara)	27 MINDFUL FLOW 2:30-3:30pm (Sara)	28 GENTLE YOGA 9-10am (Sara)	29 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30 am (Jackie) SOUND BATH 4-5pm (Christine)
MAT PILATES 30 9-10am (Alix)	YOGA SCULPT 31 9-10am (Jackie)	FUNCTIONAL YOGA 2:30-3:30pm (Sara)		LAKE YOGA 4-5pm (Christine)		