



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



September 2026 Class Schedule



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