November 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 and personal training all available upon request



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	4 GENTLE YOGA 9-10am (Sara)	5 MINDFUL FLOW 2:30-3:30pm (Sara)	6 GENTLE YOGA 9-10am (Sara) IV & INJECTIONS 9am-12pm (Julia)	7 HIIT & STRENGTH 9-10am (Melissa) KIDS YOGA 11-11:30am (Melissa) SOUND BATH 5-6pm (Christine)
8 MAT PILATES 9-10am (Alix)	9	10 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	11 GENTLE YOGA 9-10am (Sara) CANDLE MAKING 2-4pm (Tara)	12	13 GENTLE YOGA 9-10am (Christine) JEWELRY MAKING 4:00-6:00pm (Rachel)	14 HIIT & STRENGTH 9-10am (Melissa) IV & INJECTIONS 9am-12pm (Julia) SOUND BATH 5-6pm (Christine)
15 MAT PILATES 9-10am (Alix)	16	17 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	18 GENTLE YOGA 9-10am (Sara)	19 IV & INJECTIONS 9am-12pm (Julia) MINDFUL FLOW 2:30-3:30pm (Sara)	20 GENTLE YOGA 9-10am (Sara)	21 HIIT & STRENGTH 9-10am (Melissa) IV & INJECTIONS 9am-12pm (Julia) CANDLE MAKING 2-4pm (Tara) SOUND BATH 5-6pm (Christine)
22 MAT PILATES 9-10am (Alix)	23 Turkey Scavanger Hunt Begins	24 FUNCTIONAL YOGA 2:30-3:30pm (Sara)	25 GENTLE YOGA 9-10am (Sara) CANDLE MAKING 2-4pm (Tara)	26 MINDFUL FLOW 2:30-3:30pm (Sara)	27 GENTLE YOGA 9-10am (Sara)	28 HIIT & STRENGTH 9-10am (Melissa) LIL' TURKEY YOGA 11-11:30am (Melissa) SOUND BATH 5-6pm (Christine)
29 MAT PILATES 9-10am (Alix) Turkey Scavanger Hunt Ends	30					