



FITNESS CENTER

HOURS

Daily 6am - 7pm

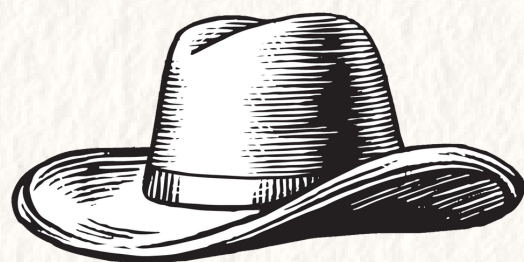
CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com



January 2023 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SUNDAY YOGA FLOW 9-10am (Jackie)	2 STRENGTH/H.I.I.T. 9-10am (Melissa)	3 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	4 GENTLE YOGA 9-10am (Laurie)	5 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	6 GENTLE YOGA 9-10am (Laurie)	7
8 SUNDAY YOGA FLOW 9-10am (Jackie)	9	10	11	12	13 GENTLE YOGA 9-10am (Laurie)	14
15 SUNDAY YOGA FLOW 9-10am (Jackie)	16 STRENGTH/H.I.I.T. 9-10am (Melissa)	17 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	18 GENTLE YOGA 9-10am (Laurie)	19 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	20 GENTLE YOGA 9-10am (Laurie)	21
22 SUNDAY YOGA FLOW 9-10am (Jackie)	23 STRENGTH/H.I.I.T. 9-10am (Melissa)	24 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	25 GENTLE YOGA 9-10am (Laurie)	26 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	27 GENTLE YOGA 9-10am (Laurie)	28
29 SUNDAY YOGA FLOW 9-10am (Jackie)	30 STRENGTH/H.I.I.T. 9-10am (Melissa)	31 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)				