



FITNESS CENTER

HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com



February 2023 Class Schedule

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