



FITNESS CENTER

HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com



August 2023 Class Schedule

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