



April 2024 Class Schedule

FITNESS CENTER

HOURS

Daily 6am - 7pm

CLASS FEE

\$30 per person

RESERVATIONS

805.686.7721

spa@alisal.com

Personal Training
Available Upon
Request



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