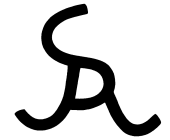


October 2021

Alisal Fitness Class Schedule

Please Call The Spa & Fitness Center To Sign- Up (805) 686-7721



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	2 * Strength/HIIT Class 2:30- 3:30 pm Instructor: Melissa
3 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	4	5* All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	6 * Gentle Yoga 1:00 pm- 2:00 pm Instructor: Laurie	7 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	8 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	9 * Strength/HIIT Class 2:30- 3:30 pm Instructor: Melissa
10 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	11	12* All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	13 * Gentle Yoga 1:00 pm- 2:00 pm Instructor: Laurie	14* All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	15 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	16 * Strength/HIIT Class 2:30- 3:30 pm Instructor: Melissa
17 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	18	19* All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	20 * Gentle Yoga 1:00 pm- 2:00 pm Instructor: Laurie	21* All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	22 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	23 * Strength/HIIT Class 2:30- 3:30 pm Instructor: Melissa
24 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	25	26* All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	27 * Gentle Yoga 1:00 pm- 2:00 pm Instructor: Laurie	28 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	29* Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie *Stretch and Sip Event 11:00 am-12:30 pm	30 * Strength/HIIT Class 2:30- 3:30 pm Instructor: Melissa
31 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie						