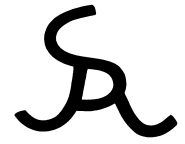


# September 2021

## 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 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	3 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	4 * Strength/HIIT Class 9:30- 10:30 am Instructor: Melissa
5 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	6	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 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	10 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	11 * Strength/HIIT Class 9:30- 10:30 am Instructor: Melissa
12 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	13	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 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	17 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	18 * Strength/HIIT Class 9:30- 10:30 am Instructor: Melissa
19 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie	20	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 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie	24 * Gentle Yoga 9:30 am- 10:30 am Instructor: Laurie	25 * Strength/HIIT Class 9:30- 10:30 am Instructor: Melissa
26 * Mindful Yoga Walk 8:00- 9:00 am Instructor: Laurie *Stretch and Sip Event 10:00 am-11:30 am Instructor: Kimberly	27	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	30 * All Level Yoga 2:30- 3:30 pm * Meditation Techniques 3:30- 4:00 pm Instructor: Laurie		