

November 2021

Alisal Fitness Class Schedule

To Sign-Up Please Call The Spa & Fitness Center

(805) 686-7721



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