



# April 2025 Class Schedule



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

		1	2	3	4	5 HIIT & STRENGTH 9-10am (Melissa)
6 MAT PILATES 9-10am (Alix)	7 YOGA SCULPT 9-10am (Jackie)	8 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	9 KIDS YOGA 8-9:30am (Jackie) GENTLE YOGA 9-10am (Laurie)	10 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	11 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie)	12 HIIT & STRENGTH 11:30-12:30pm (Melissa)
13 MAT PILATES 9-10am (Alix)	14 YOGA SCULPT 9-10am (Jackie)	15 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	16 GENTLE YOGA 9-10am (Laurie)	17 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	18 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie) SOUND BATH 5-6pm (Christine)	19 HIIT & STRENGTH 9-10am (Melissa)
20 MAT PILATES 9-10am (Alix)	21 YOGA SCULPT 9-10am (Jackie)	22 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	23 GENTLE YOGA 9-10am (Laurie)	24 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	25 GENTLE YOGA 9-10am (Laurie) KIDS YOGA 10:30-11am (Jackie)	26 HIIT & STRENGTH 9-10am (Melissa)
27 MAT PILATES 9-10am (Alix)	28 YOGA SCULPT 9-10am (Jackie)	29 THERAPEUTIC YOGA 2:30-3:30pm (Laurie)	30 GENTLE YOGA 9-10am (Laurie)			

## FITNESS CENTER HOURS

Daily 6am - 7pm

## CLASS FEE

\$30 per person

## RESERVATIONS

805.686.7721

spa@alisal.com

Kids private yoga & personal training available upon request

