

January 2022

Alisal Fitness Class Schedule

To Sign-Up Please Call The Spa & Fitness Center

(805) 686-7721



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