

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|---|--|
| 7:00-8:00 Easy YOGA & Meditation | 7:00-8:00 Easy YOGA & Meditation Mary Beth Horiai | 7:00-8:00 Easy YOGA & Meditation Alexandra Gray | 7:00-8:00 Easy YOGA & Meditation Mary Beth Horiai | 7:00-8:00 Core Strength YOGA | | |
| 8:30-9:30 Vinyasa Flow YOGA | 8:30-9:30 Vinyasa Flow YOGA Mary Beth Horiai | 8:30-9:30 Vinyasa Flow YOGA Alexandra Gray | 8:30-9:30 Vinyasa Flow YOGA Mary Beth Horiai | 8:30-9:30 Vinyasa Flow YOGA Alexandra Gray | | 9:00-10:00 Naupaka Enjoy Hula Hokulani |
| 10:00-11:00 Stretch YOGA Yoka Takahashi | 10:00-11:00 Gentle Flow YOGA for Seniors | 10:00-11:00 YOGA for Pelvis adjustment Hira | 10:00-11:00 Aroma Stretch YOGA Hira | 10:00-11:00 Gentle Flow YOGA for Seniors Alexandra Gray | 9:30-10:30 Pineapple Squeeze Enjoy Hula age 4-6 Kellianne 10:30-11:30 Pineapple Princess Enjoy Hula age 6-12 Kellianne | 10:00-11:00 Pikake Hula / Beginners 2 Donna |
| 11:30-12:30 Gentle Flow YOGA for Seniors Yoka Takahashi | 11:30-12:30 Stretch YOGA | 11:30-12:30 Pua Lilia / Kupuna Hula / Beginners 2 Donna | 11:30-12:30 Yoga for tight and stiff muscles Hira | 11:30-12:30 YOGA for Flexibility & Hip joint Yoka Takahashi | 11:30-13:30 Fetia Hula / Intermediate Tahitian / Intermediate Hokulani | 11:00-12:00 Pakalana Tahitian / Beginners 2 Donna |
| | | 12:30-13:30 Pua Lilia / Kupuna Tahitian / Beginners 2 Donna | | 13:00-14:00 YOGA for Stiff neck Yoka Takahashi | | 12:00-13:00 Pakalana Hula / Beginners 2 Donna |
| | | 13:45-14:45 Healthy Stretch YOGA Agata Jargilo | | | 14:00-15:00 Mokihana Show Class Nicole | |
| 16:30-17:30 Core Strength YOGA | 16:30-17:30 Hatha YOGA for Beginners Agata Jargilo | 16:30-17:30 Detox YOGA Mary Beth Horiai | 16:30-17:30 Core & Flexibility YOGA flow Agata Jargilo | | 15:00-16:00 Mokihana Hula / Beginners 2 Nicole | |
| | | | | | 16:00-17:00 Mokihana Tahitian / Beginners 2 Nicole | 16:30-17:30 YOGA for Stiff neck Yoka Takahashi |
| 18:00-19:00 Hatha YOGA for Beginners | 18:00-19:00 Healthy Stretch YOGA Agata Jargilo | 18:00-19:00 Easy YOGA & Meditation Mary Beth Horiai | 18:00-19:00 Aroma Relaxing YOGA Agata Jargilo | | 17:30-18:30 Gracious Ladies Hula / Intermediate Jasmin | 18:00-19:00 YOGA for Flexibility & Hip joint Yoka Takahashi |
| | | | | | 18:30-19:30 Gracious Ladies Tahitian / Intermediate Jasmin | |
| 19:30-20:30 Lehua Hula / Beginners 2 Kellianne | 19:30-20:30 Tiare Hula / Beginners 1 Donna | 19:30-20:30 Pua Kenikeni Hula / Beginners 2 Kristen | 19:30-20:30 Plumeria Hula / Beginners 2 Jasmin | 19:30-20:30 Hula Basic ① Hokulani | 19:30-20:30 Gracious Ladies Show Class Jasmin | |
| 20:30-21:30 Lehua Tahitian / Beginners 2 Kellianne | 19:30-20:30 Tiare Tahitian / Beginners 1 Donna | 20:30-21:30 Pua Kenikeni Tahitian / Beginners 2 Kristen | 20:30-21:30 Plumeria Tahitian / Beginners 2 Jasmin | | | |
| 21:30-22:30 Lehua Show Class Kellianne | | | 21:30-22:30 Plumeria Show Class Jasmin | | | |