

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 Hula Basic ① for Beginners Hokulani	10:00-11:00 Hula Basic ① for Beginners Hokulani	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	
		15:00-16:00 Hula Basic ① for Beginners Hokulani	15:00-16:00 Hula Basic ① for Beginners Hokulani	15:00-16:00 Hula Basic ① for Beginners Hokulani	15:00-16:00 Mokihana Hula / Beginners 2 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		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 18:30-19:30 Gracious Ladies Tahitian / Intermediate Jasmin	18:00-19:00 YOGA for Flexibility & Hip joint Yoka Takahashi
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 ② 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			