

events schedule

July. 2020

※毎週水曜日定休

	Mon.	Tue.	Wed. (定休日)	Thu.	Fri.	Sat.	Sun.
AM 11:30-12:30			1	2 Energetic Flow Yoga 講師：HITOMI	3 Relax yoga 講師：AMI	4 Weekly Lesson supported by womens health Core Treaning Yoga 講師：ASAKO (代行)	5 Vinyasa Flow Yoga 講師：AKANE
AM 11:30-12:30	6 Deep Concentration Yoga 講師：ERI	7 Mudra Power Yoga 講師：SATOMI	8	9 Energetic Flow Yoga 講師：HITOMI	10 Relax yoga 講師：AMI	11 Weekly Lesson supported by womens health Jump Rope Workout 講師：MARIE--JOSEE	12 Vinyasa Flow Yoga 講師：NOB
AM 11:30-12:30	13 Deep Concentration Yoga 講師：ERI	14 Mudra Power Yoga 講師：SATOMI	15	16 Energetic Flow Yoga 講師：HITOMI	17 Relax yoga 講師：AMI	18 Weekly Lesson supported by womens health Yoga Dance Fusion 講師：Monika Schmitz	19 Vinyasa Flow Yoga 講師：AKANE
AM 11:30-12:30	20 Deep Concentration Yoga 講師：ERI	21 Mudra Power Yoga 講師：Yuko Nojima (代行)	22	23 Energetic Flow Yoga 講師：HITOMI	24 Relax yoga 講師：AMI	25 Weekly Lesson supported by womens health Jump Rope Workout 講師：MARIE--JOSEE	26 Vinyasa Flow Yoga 講師：NOB
PM 13:00-14:45						ワークショップ MAKE your inner and outer BEAUTY 講師：和久井悦子	
AM 11:30-12:30	27 Deep Concentration Yoga 講師：ERI	28 Mudra Power Yoga 講師：SATOMI	29	30 Energetic Flow Yoga 講師：HITOMI	31 Relax yoga 講師：AMI		