

events schedule | October & November 2020

October. 2020

※毎週水曜日定休

	Mon.	Tue.	Wed. (定休日)	Thu.	Fri.	Sat.	Sun.
AM 11:30-12:30 <hr/> PM Sat. - Sun. / 17:00-18:00				1	2	3 Weekly Lesson supported by womens health Detox Music Yoga 講師：Monika Schmitz <hr/> Beauty Flow Yoga 講師：YACCO	4 Vinyasa Flow Yoga 講師：AKANE <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM Sat. - Sun. / 17:00-18:00	5	6	7	8	9	10 Weekly Lesson supported by womens health Stretch Lesson 講師：MARIE-JOSEE <hr/> Beauty Flow Yoga 講師：YACCO	11 Vinyasa Flow Yoga 講師：NOB <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM Sat. - Sun. / 17:00-18:00	12	13	14	15	16	17 Weekly Lesson supported by womens health Yamuna Body Rolling 講師：KAORU <hr/> Beauty Flow Yoga 講師：YACCO	18 Vinyasa Flow Yoga 講師：AKANE <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM weekday / 19:00-20:00 Sat. - Sun. / 17:00-18:00	19	20	21	22	23	24 Weekly Lesson supported by womens health Core Treaning Yoga 講師：ASAKO <hr/> Beauty Flow Yoga 講師：YACCO	25 Vinyasa Flow Yoga 講師：NOB <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM weekday / 19:00-20:00 Sat. - Sun. / 17:00-18:00	26	27	28	29	30	31 Weekly Lesson supported by womens health Stretch Lesson 講師：MARIE-JOSEE <hr/> Beauty Flow Yoga 講師：YACCO	

November. 2020

※毎週水曜日定休

	Mon.	Tue.	Wed. (定休日)	Thu.	Fri.	Sat.	Sun.
AM 11:30-12:30 <hr/> PM Sat. - Sun. / 17:00-18:00							1 Vinyasa Flow Yoga 講師：AKANE <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM Sat. - Sun. / 17:00-18:00	2	3	4	5	6	7 Weekly Lesson supported by womens health Detox Music Yoga 講師：Monika Schmitz <hr/> Inside Flow 講師：SATOMI	8 Vinyasa Flow Yoga 講師：NOB <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM Sat. - Sun. / 17:00-18:00	9	10	11	12	13	14 Weekly Lesson supported by womens health Yamuna Body Rolling 講師：KAORU <hr/> Beauty Flow Yoga 講師：YACCO	15 Vinyasa Flow Yoga 講師：AKANE <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM weekday / 19:00-20:00 Sat. - Sun. / 17:00-18:00	16	17	18	19	20	21 Weekly Lesson supported by womens health Stretch Lesson 講師：MARIE-JOSEE <hr/> Deep Concentration Yoga 講師：ERI	22 Vinyasa Flow Yoga 講師：NOB <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM weekday / 19:00-20:00 Sat. - Sun. / 17:00-18:00	23	24	25	26	27	28 Weekly Lesson supported by womens health Core Treaning Yoga 講師：ASAKO <hr/> Beauty Flow Yoga 講師：YACCO	29 Vinyasa Flow Yoga 講師：AKANE <hr/> Sunday night beauty yoga 講師：MALIKA
AM 11:30-12:30 <hr/> PM weekday / 19:00-20:00	30						