

MON	TUE	WED	THU	FRI	SAT	SUN
	1 1830 HEATED VINYASA - SARA	2 1800 VINYASA -KATIE 1930 RESTORATIVE-MORGAN	3 0930 MORNING FLOW-ROKSANA 日/E 1830 HEATED VINYASA - MORGAN	4 0930 MORNING FLOW - BASICS - SARA 日/E	5	6
7 0930 MORNING FLOW - MASAKI 日/E 1830 VINYASA ON THE BEAT- SHIHO	8 1830 HEATED VINYASA - SARA	9 1800 VINYASA -KATIE	10 0930 MORNING FLOW-ROKSANA 日/E 1830 HEATED VINYASA - MORGAN	11 0930 MORNING FLOW - BASICS - SARA 日/E	12	13
14 0930 MORNING FLOW - MASAKI 日/E 1830 VINYASA ON THE BEAT- SHIHO	15 1830 HEATED VINYASA - SARA	16 1800 VINYASA -KATIE 1930 RESTORATIVE-MORGAN	17 0930 MORNING FLOW-ROKSANA 日/E 1830 HEATED VINYASA - MORGAN	18 0930 MORNING FLOW - BASICS - SARA 日/E	19	20
21 0930 MORNING FLOW - 1300 YOGA FOR COMMUNITY (DONATION) 1830 VINYASA ON THE BEAT	22 1830 HEATED VINYASA - SARA	23 1800 VINYASA -KATIE	24 0930 MORNING FLOW-ROKSANA 日/E 1830 HEATED VINYASA - MORGAN	25 0930 MORNING FLOW - BASICS - SARA 日/E	26	27
28 0930 MORNING FLOW - MASAKI 日/E 1830 VINYASA ON THE BEAT	29 1830 HEATED VINYASA - SARA	30 1800 VINYASA -KATIE 1930 RESTORATIVE-MORGAN			Classes with a "E" are offered in English "E"は英語で行うクラスです Classes with a "E/日" are offered in English and Japanese "E/日"は英語と日本語で行うクラスです WORKSHOPS/EVENTS	

6月 JUNE

IN STUDIO & VIRTUAL CLASSES SCHEDULE

YOGA MATS AND ALL PROPS ARE INCLUDED ONLINE RESERVATION IS REQUIRED
IN CLASS PRICE

必ず予約をしてお越し下さい

