

pink ganesha schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
9:00 ~ 9:40	Yoga Pilates Dorina		Hatha Yoga Refresh (4 th 指 Yoga) Mariko	Hatha Flow Rie		Yin Yoga Dorina	
10:00 ~12:00	Ashtanga	Ashtanga 8:00-9:30	Ashtanga		Ashtanga	Ashtanga	
20:30 ~21:00	Yoga & Pranayama (1.3.5) Meditation (2.4) mina	Relax Yoga Rie			Yin Yoga(1.3) Mariko Kao Yoga(2) Dorina YogaNidra(4.5) Rie		