

Studio Lesson Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
9:30 ~ 12:00	Ashtanga Mysore		Ashtanga Mysore 4 th Led		Ashtanga Mysore 2 nd Led	Ashtanga Mysore	Ashtanga Mysore (7:30-9:45)
10:00 ~ 11:15		Gentle Flow やさしいフローヨガ					Yoga Talk Chanting 1 st -4 th (9:45-10:15)
10:30 ~ 11:30							Sunday Yoga

★Ashtanga Yoga・Yoga Talk (studio & online)★