

# YogyStyle

2019・3・21(祝)

|             |                             |
|-------------|-----------------------------|
| 9:00        |                             |
| 9:30~10:30  | miwa<br>Style Yoga Healing  |
| 10:00       |                             |
| 10:50~11:50 | miwa<br>Style Yoga Flow     |
| 11:00       |                             |
| 12:00       |                             |
| 12:10~13:10 | 大宅 菜穂<br>Style Yoga Core    |
| 13:00       |                             |
| 13:30~14:30 | MEGUMI<br>骨盤調整 Yoga         |
| 14:00       |                             |
| 14:50~15:50 | MEGUMI<br>Style Yoga Flow   |
| 15:00       |                             |
| 16:00       |                             |
| 16:10~17:10 | SHINO<br>Style Yoga Core    |
| 17:00       |                             |
| 17:30~18:30 | Rieko<br>Style Yoga Healing |
| 18:00       |                             |
| 19:00       |                             |
| 営業時間        | 9:00~19:00                  |