

2017. Dec.

YOUGAN YOGA STUDIO

	月	火	水	木	金	土	日	
10:00						9:30~10:30 Mayu Style Yoga Flow	9:30~10:30 Yuri Style Pillafect	10:00
11:00		10:30~11:30 Mayu Style Yoga Core	10:30~11:30 rieko Style Pillafect	10:30~11:30 miwa Style Yoga Healing	10:30~11:30 Eri Style Yoga Flow	10:50~11:50 Itsuku Style Yoga Core	10:50~11:50 shiori Style Yoga Flow	11:00
12:00								12:00
13:00		11:50~12:50 rieko Style Pillafect	11:50~12:50 masami Style Yoga Core	11:50~12:50 miwa Style Yoga Flow	11:50~12:50 Eri Style Yoga Core	12:10~13:10 Yuri Style Yoga Healing	12:10~13:10 shiori Style Yoga Core	13:00
14:00		13:10~14:10 masami Style Yoga Flow	13:10~14:10 masami Style Yoga Healing	13:10~14:10 YUKA Style Yoga Core	13:10~14:10 Mayu Style Pillafect	13:30~14:30 miwa Style Yoga Flow	13:30~14:30 SAORI Style Yoga Healing	14:00
15:00		14:30~15:30 masami Style Yoga Healing	14:30~15:30 SAORI Style Yoga Flow	14:30~15:30 YUKA Style Pillafect	14:30~15:30 masami Style Yoga Healing	14:50~15:50 masami Style Pillafect	14:50~15:50 SAORI Style Yoga Flow	15:00
16:00								16:00
17:00						16:10~17:10 masami Style Yoga Core	16:10~17:10 Itsuku Style Pillafect	17:00
18:00								18:00
19:00	18:20~19:20 shiori Style Yoga Core	18:20~19:20 YUKA Style Pillafect	18:20~19:20 MEGUMI Style Yoga Healing	18:20~19:20 masami Style Yoga Healing	18:20~19:20 miwa Style Yoga Flow	17:30~18:30 Itsuku Style Yoga Healing	17:30~18:30 Itsuku Style Yoga Core	19:00
20:00	19:35~20:35 Itsuku Style Yoga Healing	19:35~20:35 shiori Style Yoga Flow	19:35~20:35 Itsuku Style Pillafect	19:35~20:35 masami Style Yoga Flow	19:35~20:35 YUKA Style Yoga Core			20:00
21:00	20:50~21:50 Itsuku Style Pillafect	20:50~21:50 shiori Style Yoga Core	20:50~21:50 Itsuku Style Yoga Flow	20:50~21:50 Mayu Style Pillafect	20:50~21:50 YUKA Style Yoga Healing	※チェックインは開始5分前で終了となります。 ※スケジュールは予告なく変更させて頂く場合がございます。 ※各クラスの定員は20名です。(完全事前予約制)		21:00
22:00								
営業時間	17:30~22:30	10:00~22:30	10:00~22:30	10:00~22:30	10:00~22:30	9:00~19:00	9:00~19:00	営業時間