

	MON		TUE		WED		THU		FRI		SAT		SUN																																																								
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15	【新月】 11:00~12:00 EMI 12:30~13:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME	16	9:00~10:00 休講 10:30~11:30 EMI 12:00~13:00 MEGU 18:30~19:30 SHIHO 20:00~21:00 SHIHO	17	9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 MARIKO 18:30~19:30 SHIHO 20:00~21:00 SHIHO	18	9:00~10:00 EMI 10:30~11:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME	19	9:30~10:30 CHIHARU 11:00~12:00 EMI 14:00~15:00 MARIKO 18:30~19:30 MAI 20:00~21:00 MAI	20	8:30~9:30 EMI 10:00~11:00 EMI 11:30~12:30 EMI 15:00~16:00 MARIKO	21	9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 NORIKO 15:30~16:30 NORIKO	22	11:00~12:00 EMI 12:30~13:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME	23	定休日	24	9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 MARIKO 18:30~19:30 SHIHO 20:00~21:00 SHIHO	25	9:00~10:00 EMI 10:30~11:30 EMI 15:00~16:00 MISATO 18:30~19:30 MEME 20:00~21:00 MEME	26	9:30~10:30 CHIHARU 11:00~12:00 EMI 14:00~15:00 MARIKO 18:30~19:30 MAI 20:00~21:00 MAI	27	8:30~9:30 EMI 10:00~11:00 EMI 13:30~14:30 MARIKO 15:00~16:00 MARIKO	28	9:30~10:30 MEME 11:00~12:00 MEME 14:00~15:00 NORIKO 15:30~16:30 NORIKO	29	11:00~12:00 EMI 12:30~13:30 EMI 18:30~19:30 MEME 20:00~21:00 MEME	30	【満月】 9:00~10:00 EMI 10:30~11:30 EMI 12:00~13:00 MEGU 18:30~19:30 SHIHO 20:00~21:00 SHIHO																																						
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♡NEW クラス♡

●毎週火曜日12:00~  
【呼吸で動く下半身ヨガ★2】担当MEGU  
呼吸に合わせて下半身をじっくり動かし、土台の安定を心地よく整えていくクラス。

●毎週水曜日11:00~  
【骨盤調整ヨガ★2】担当MEME  
骨盤周りを整えて、姿勢、代謝をサポート。身体の土台を安定させたい方におススメ♡

●毎週日曜日11:00~  
【肩こり改善ヨガ★2】担当MEME  
肩甲骨周りを解し、首肩の緊張をリリース。デスクワークや疲れが溜まりやすい方へ是非！！