

# November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
*All Level 1 class on Wednesday and Basic Yoga class on Sunday will start at 14:00 from November.						9:00-10:15 ALL Level1(Tomoe)
*Special workshop of Ashtanga Yoga will be held on November 24th. The Workshop fee is same as usual, you can use a regular ticket.						10:45-12:00 ALL Level2(Tomoe)
						14:00-15:15 Basic Yoga(Tomoe)
2	3	4	5	6	7	8
						9:00-10:15 ALL Level1(Tomoe)
				10:30-11:45 Breathing & Asana (Kaori)		10:45-12:00 ALL Level2(Tomoe)
	14:30-16:20 Ashtanga Yoga Mysore(Asako)	14:00-15:15 ALL Level1 (Tomoe)	19:00-20:30 Bujinkan(Paul)		14:30-15:45 Basic Yoga(Asako)	14:00-15:15 Basic Yoga(Tomoe)
9	10	11	12	13	14	15
						9:00-10:15 ALL Level1(Tomoe)
				10:30-11:45 Breathing & Asana (Kaori)		10:45-12:00 ALL Level2(Tomoe)
	14:30-16:20 Ashtanga Yoga Mysore(Asako)	14:00-15:15 ALL Level1 (Tomoe)	19:00-20:30 Bujinkan(Paul)		14:30-15:45 Basic Yoga(Shige)	14:00-15:15 Basic Yoga(Tomoe)
16	17	18	19	20	21	22
						9:00-10:15 ALL Level1(Tomoe)
				10:30-11:45 Breathing & Asana (Kaori)		10:45-12:00 ALL Level2(Tomoe)
	14:30-16:20 Ashtanga Yoga Mysore(Asako)	14:00-15:15 ALL Level1 (Tomoe)	19:00-20:30 Bujinkan(Paul)		14:30-15:45 Basic Yoga(Asako)	14:00-15:15 Basic Yoga(Tomoe)
23/30	24	25	26	27	28	29
10:00-11:00 Online Yoga (Paul & Tomoe)						9:00-10:15 ALL Level1(Tomoe)
				10:30-11:45 Breathing & Asana (Kaori)		10:45-12:00 ALL Level2(Tomoe)
	14:30-16:20 Ashtanga Yoga Special Workshop (Asako)	14:00-15:15 ALL Level1 (Tomoe)	19:00-20:30 Bujinkan(Paul)		14:30-15:45 Basic Yoga(Asako)	14:00-15:15 Basic Yoga(Tomoe)