

August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
						10:30-11:45 Online Yoga(Tomoe)
						17:00-18:30 Bujinkan Basic(Ryu)
2	3	4	5	6	7	8
		10:30-11:45 Basic Yoga (Naomi)		10:30-11:45 Breathing & Asana (Kaori)		10:30-11:45 Online Yoga(Tomoe)
	14:30-15:45 Mindfulness Yoga (Kaori)					
			19:00-20:30 Bujinkan(Paul)			17:00-18:30 Bujinkan Basic(Kaneto)
9	10	11	12	13	14	15
		10:30-11:45 Basic Yoga (Naomi)		10:30-11:45 Breathing & Asana (Kaori)		10:30-11:45 Online Yoga(Tomoe)
	14:30-15:45 Mindfulness Yoga (Kaori)					
			19:00-20:30 Bujinkan(Paul)			17:00-18:30 Bujinkan(Paul)
16	17	18	19	20	21	22
		10:30-11:45 Basic Yoga (Naomi)		10:30-11:45 Breathing & Asana (Kaori)		10:30-11:45 Online Yoga(Tomoe)
	14:30-15:45 Mindfulness Yoga (Kaori)					
			19:00-20:30 Bujinkan(Paul)			17:00-18:30 Bujinkan(Paul)
23/30	24/31	25	26	27	28	29
		10:30-11:45 Basic Yoga (Naomi)		10:30-11:45 Breathing & Asana (Kaori)		10:30-11:45 Online Yoga(Tomoe)
	14:30-15:45 Mindfulness Yoga (Kaori)					
			19:00-20:30 Bujinkan(Paul)			17:00-18:30 Bujinkan Basic(Kaneto)