

October

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