

December

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