

# Studio Lesson Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
9:30 ~ 12:00	Ashtanga Mysore		Ashtanga Mysore 4 <sup>th</sup> Led		Ashtanga Mysore 2 <sup>nd</sup> Led	Ashtanga Mysore	Ashtanga (7:30-10:00)
10:00 ~ 11:15		Gentle Flow やさしいフローヨガ					Yoga Talk Chanting 1 <sup>st</sup> -4 <sup>th</sup> (10:00-10:25)
10:30 ~ 11:30							Sunday Yoga

★Ashtanga Yoga(studio & online) ★