TIME TABLE

2023/08/09

◆Strength

Phsical Strength Level

GENTLE：slow class, recomended for bigginners.
LOW：with continuous movement or holding asana for a while.
MID：required Chaturanga Dandasana or holding asana for a extended period.
HIGH：with intesnse asana such as Pincha Mayurasana etc.

Theory and practice	A class for learning about the essence of yoga based on philosophy and scri Bring your yoga wear.
Classical Yoga	A class that starts with gentle movements, calms the mind at the end, and concludes with breathing exercises and meditation
Alignment	A practice method that emphasizes alignment. using various props as needed for different body types and conditions
Vinyasa	A continuous style of yoga, including Flow, Vinyasa, Ashtanga etc.

Hatha	A modern style created by various instructors
Suitable for women	Yoga focused on the female-specific body
Yoga Conditioning	Using breath to enhance the flexibility of the spine, joints, and muscles

<Studio Maximum Capacity>

2Fstudio: 14 persons
3F Studio :34 persons *Maximum 40 persons with vertical layout
5F Studio:28 persons *Maximum 30 persons with vertical layout

[EN]＝ENGLISH SPEAKER
[TT]＝Mainly practice the asanas learned in TT1,TT2 serves for preview and review.
Recomended those considering taking TT courses.
[RYT500]＝RYT500 stamp eligible classes

MON

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
10:00-12:00	Ashatanga Mysore Supervised by Kranti YOICHI UMEDA	Beginner All Level	MID	3F
10:20-11:40	Alignment and Adjustment Yoga NOB	Beginner All Level	LOW	2F
11:00-12:20				5F
12:20-13:40				2F
12:40-14:00	Fandation of Hatha Yoga KAW	Beginner All Level	GENTLE	3F
13:00-14:20	Ashatanga Beginner HANAE	Basic	LOW	5F
14:20-15:40				2F
14:30-15:50	Yoga Nidra KAW	Basic All Level	GENTLE	3F
15:00-16:20	Hatha Flow TAKAKO KASHIWABARA	Basic- Interm	LOW	5F
16:30-17:50	[TT] Traditional Yoga SHIZUKA GOZU	Basic All Level	LOW	3F
16:50-18:10	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic All Level	LOW	2F
17:00-18:20	[TT] Restrative Asana TOMOKO URA	Basic	GENTLE	5F
18:30-19:50	Hatha Vinyasa Beginner YURIKA UMEZAWA	Basic	LOW	3F
19:00-20:20	[TT] Hatha yoga beginner TOMOKO URA	Basic	LOW	5F

TUE

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
10:15-11:45	Inclusive yYoga <Monthly class> FUMI ＊Check the calender for the date			2F
10:40-12:00	YOGA for Healthy Aging <Monthly class> YUKI NISHIOKA ＊Check the calender for the date	Beginner All Level	LOW	2F
10:40-12:10	[TT][RYT500][EN] Sivananda Yoga HIKARU	Basic All Level	LOW	3F
11:00-12:20	Hatha Flow NAOKO KATO	Basic- Interm	MID	5F
12:40-14:00	Shuri Heart Yoga MAKIKO DEGUCHI	Interm All Level	LOW	2F
13:00-14:30	[EN] Iyengar Yoga YUKI NISHIOKA	Interm All Level	MID	3F
14:20-15:40				5F
14:30-15:50	Dharma Yoga YOHEI YAMAGUCHI	Interm All Level	LOW	2F
15:00-16:20	Ashatanga Led class HANAE	Interm	LOW	3F
16:30-17:50	[TT] Hatha Yoga HIRO	Basic- Interm	MID	5F
16:50-18:10	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic All Level	LOW	3F
17:00-18:20				2F
18:30-19:50	Tensegrity Yoga ACO	Basic All Level	LOW	5F
18:50-20:10	Vinyasa Yoga Fitstyle NAOMI AKANUMA	Interm All Level	LOW	3F
19:30-20:50	Burning Flow SCHMITZ MONIKA	Interm	HIGH	5F

WED

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
10:00-12:00	Ashatanga Mysore Supervised by Kranti YOICHI UMEDA	Beginner All Level	MID	3F
10:20-11:40	[TT] Hatha Yoga CHIE KONAKA	Basic All Level	LOW	2F
10:40-12:00	Yoga with seasonal Chinese medicinal Food HANAKO MURAKAMI	Basic All Level	GENTLE	5F
12:00-13:20	Kripalu Yoga SHIZUKA GOZU	Basic All Level	LOW	2F
12:40-14:00	Hatha & Restrative REIKO KUBO	Interm	GENTLE	5F
13:00-14:20	Hatha Vinyasa TSUGUMI	Basic All Level	LOW	3F
14:30-15:40	Hatha Yoga SAYAKA TSUKIJI	Interm All Level	MID	2F
14:40-16:00	Yin Yoga TAKAKO NAKAZATO	Basic All Level	GENTLE	5F
15:00-16:15	[TT][EN][RYT500] OM YOGA MAYUMI SUZUKI	Interm	LOW	3F
16:30-17:50				5F
16:50-18:10	Hatha Vinyasa YURIKA UMEZAWA	Basic All Level	LOW	3F
18:00-19:20	Yoga conditioning for sitting MIKA NIHEI	Basic All Level	GENTLE	2F
18:30-19:50	Vinyasa Flow YOICHI UMEDA	Interm Advanced	HIGH	3F
19:00-20:20	Iyengar Yoga KEIKO OKUNO	Basic All Level	MID	5F

THU

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
10:20-11:40	[TT] Hatha Yoga SHUICHIRO SUZUKI	Interm All Level	MID	3F
9:20-10:40	Ashatanga Led HANAE	Interm	MID	5F
11:00-12:20	Sivananda Yoga SAYAKA SHIBUKI	Beginner- Basic All Level	LOW	5F
12:40-14:00				
13:00-14:20	[RYT500] Hatha Yoga MAYUMI KONDO	Interm	HIGH	5F
15:00-16:20	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic	GENTLE	3F
15:00-16:20	[RYT500] Restrative Yoga MAYUMI KONDO	Basic All Level	GENTLE	5F
17:00-18:20	Serotonin Yoga® KENGO	Basic All Level	LOW	3F
17:00-18:00	Short Time Ashatanga MAYA HAMADA	Basic All Level	MID	3F
18:20-19:40	[Reservation required] IshtaMix WAKA <Monthly class> WAKA NOZAWA ＊Check the calender for the date			3F
18:20-19:40	[Reservation required] RICO YOGA <Monthly class> RICO IKEDA ＊Check the calender for the date	Basic	GENTLE	3F
19:00-20:20			LOW	5F
18:30-19:50	[EN] Iyengar Yoga CHIE	Basic- Interm All Level	MID	2F
19:30-20:50	Hatha Flow Advance MARINA POLISHUK	Interm- Adv	MID	

FRI

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
10:00-12:00	Ashatanga Mysore Supervised by Kranti YOICHI UMEDA	Beginner All Level	MID	2F
10:40-12:15	Jivamukti Yoga PADMINI	Interm	MID	3F
11:00-12:20	Iyengar Yoga YUKAKO	Interm	MID	5F
12:20-13:40	Hatha Yoga MIYOKO NIIKURA	Basic All Level	LOW	2F
12:40-14:00	Shri Heart Yoga MAKIKO DEGUCHI	Interm All Level	MID	3F
13:00-14:20	Gentle Hatha Flow NAOKO KATO	Basic	LOW	5F
14:30-15:50	Yin&Yang ACO	Basic All Level	GENTLE	3F
15:00-16:20	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic All Level	LOW	5F
16:30-17:50	[TT] Hatha Yoga SHUICHIRO SUZUKI	Basic All Level	GENTLE	3F
17:00-18:20	[TT] Hatha Yoga SHIZUKA GOZU	Basic All Level	LOW	5F
18:30-19:50	Serotonin Yoga® KENGO	Beginner All Level	LOW	3F
19:00-20:20	Iyengar Yoga KEIKO OKUNO	Interm	MID	5F
19:30-20:50	[RYT500] Ashatanga Yoga HIRO	Basic- Interm All Level	MID	2F

SAT

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
9:00-10:20	Menopause Yoga <Monthly class> HIKARU ＊Check the calender for the date	Beginner All Level	GENTLE	5F
9:00-10:20	[TT] Hatha Yoga <Monthly class> YUUKA ＊Check the calender for the date	Basic All Level	LOW	5F
9:00-10:20	Iyengar Yoga <Monthly class> KAZU ＊Check the calender for the date	Interm- Adv	MID	5F
10:20-11:40	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic All Level	LOW	2F
10:40-12:00	[EN] Iyengar Yoga YUKI NISHIOKA	Basic All Level	LOW	5F
12:20-13:40	Hatha Vinyasa SAYAKA TSUKIJI	Interm All Level	MID	5F
12:40-14:00	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic All Level	LOW	2F
14:00-15:20	Gentle Yoga &Meditaion KAW	Basic All Level	GENTLE	5F

SUN

TIME	TITLE INSTRUCTOR	CLASS LEVEL	STRENGTH	STUDIO
9:00-10:20	[RYT500] Traditional Hatha Yoga MAYUMI KONDO	Interm All Level	GENTLE	5F
10:40-12:00	[RYT500] Hatha Flow MAYUMI KONDO	Basic All Level	LOW	5F
10:40-12:00	Charity class Hatha Beginner RYT200 Graduate ＊Check the calender for the date	Basic All Level	LOW	2F
12:20-13:40	Gentle Flow Yoga TAKAKO KASHIWABARA	Basic All Level	LOW	5F