

November

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