

IYC Ogikubo Studio						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
※Mon-Thu: Mysore 6:30-9:00 (doors open at 6:00) / Fri: Full Primary starts at 6:30 *Mon-Thu only: Please come around 7am if you have not memorized the sequence or if you are a beginner. Instructor: Momo No classes on Full & New moon days. (IYC tickets and Mysore passes accepted)						
5F						7:00~9:00 Mysore ⑥ Momo
5F					10:30~12:00 Beginners Mysore ⑥ Yumiko A	
3F						10:30~12:00 Half Primary ⑥ Yumiko A
5F	12:30~14:00 Full Primary ⑥ Zenko	12:30~14:00 Mysore ⑥ Rieko Inoue	12:30~13:45 (75min) Hatha Yoga ⑥ Ikue			
3F					12:30~14:00 Half Primary ⑥ Zenko	
5F					14:30~16:00 Mysore ⑥ Yumiko A	
3F	<b>Starts 3/10</b> 16:30~18:00 Iyengar Yoga ⑥ Yuri Uemura					16:30~18:00 Half Primary ⑥ Momo
5F		19:15~20:45 Mysore ⑥ Yumiko A	19:15~20:45 Hatha Yoga ①⑥ Tom	19:15~20:45 Mysore ⑥ Yumiko A		

IYC Omotesando Studio 1F						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:35~11:50 (75min) Half Primary ⑥ Yuki		10:35~12:05 Full Primary ⑥ Yuki				9:45~11:00 (75min) Hatha Yoga Basic Bilingual ①⑥ Tom
<b>Starts 3/2</b> 12:30~14:00 Iyengar Yoga ⑥ Yuri Uemura					11:30~13:00 Half Primary ⑥ Aoi	11:30~13:00 Mysore ⑥ Momo
						13:20~14:50 Full Primary ⑥ Yuki
					15:10~16:40 Full Primary ⑥ Yuki	15:10~16:25 (75min) Hatha Yoga Basic Bilingual ①⑥ Tom
		19:00~20:15 (75min) Half Primary ⑥ Yuki		18:30~19:45 (75min) Hatha Yoga Basic Bilingual ①⑥ Tom		

IYC Jinbocho Studio 6F						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
10:30~12:30 Mysore ⑥ Momo						
13:00~14:30 Beginners Mysore ⑥ Keiko Kinoshita	12:30~14:30 Mysore ⑥ Rieko Inoue				12:30~14:30 Mysore ⑥ Rieko Inoue	
15:00~17:00 Mysore ⑥ Rieko Inoue						
<b>Starts 3/2</b> 19:00~20:30 Iyengar Yoga ⑥ Yuri Uemura	19:00~20:30 Beginners Mysore ⑥ Mari.T	19:00~21:00 Mysore ⑥ Rika		19:00~20:30 Mysore ⑥ Mari.T		<b>Starts 3/1</b> 17:00~19:00 Mysore ⑥ Nao

IYC Kudan-Iidabashi Studio						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						7:00~9:00 (doors open at 6:30) Mysore ⑥ Mari.T
				10:00~11:15 (75min) Half Primary ⑥ Mari.T		
			13:00~14:30 Mysore ⑥ Rieko Inoue			
		<b>Starts 3/4</b> 20:00~21:30 Iyengar Yoga ⑥ Yuri Uemura			<b>Starts 4/4</b> 17:00~18:15 (75min) Basic Ashtanga ⑥ Tatsuro	16:50~18:50 Mysore ⑥ Kie

IYC Setagaya Studio						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						10:30~11:45 (75min) Half Primary ⑥ Aoi