

IYC Jimbocho Studio 5F International Class

3/18

🇪 : English 🇯 : Japanese 🇰 : Korean 🇷 : Russian 🇫 : French

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|--|---|---|---|-----|
| 8:00~9:15 Morning Vinyasa Kitty 🇪🇯 | | | | | 7:30~8:45 Basic Yoga Eriko 🇪🇯 | |
| 10:00~11:15 Asana&Meditation Kitty 🇪🇯 | 10:00~11:15 Ashtanga Half Primary(Led) Ran 🇰🇯 | 10:00~11:15 Ashtanga Half Primary(Led) Yoko 🇪🇯 | 10:00~11:15 Ashtanga Half Primary(Led) Yoko 🇪🇯 | 10:00~11:15 Beginner's Hatha Chiaki 🇪🇯 | 10:00~11:15 Hatha Yoga Eriko 🇪🇯 | |
| 13:15~14:30 Strong&Fun Vinyasa Carla 🇪 | 13:15~14:30 Vinyasa Flow Adrienne 🇪 | 13:15~14:30 Yogic Arts Yoko 🇪🇯 | 13:15~14:30 Yin Yoga Yoko 🇪🇯 | | 13:15~14:30 Basic Yoga Eriko 🇪🇯 | |
| | | 15:30~16:45 Hatha Yoga Asuka 🇪🇯 | 15:30~16:45 Gentle Hatha Beth 🇪🇯🇫 | 15:30~16:45 Vinyasa Yoga Marina 🇪🇯🇷 | 15:30~17:00(90min) Beginner's Yoga with aroma Miho 🇪🇯 | |
| 19:00~20:15 Yoga&Stretch Nao 🇪🇯 | 19:00~20:15 Slow Flow Beth 🇪🇯🇫 | 19:00~20:15 Basic Yoga Nao 🇪🇯 | new! 3/12~ 19:00~20:15 Vinyasa Flow Joey 🇪🇯 | 19:00~20:15 Hatha Yoga Beginners Marina 🇪🇯🇷 | | |

Fukumura Bldg 5F,1-22 Jimbocho Kanda Chiyoda, Jimbocho Station A5 Exit (4min walk) ,Ochanomizu Station Ochanmizubashi Exit (10min walk)