

<Note/ how to see this schedule>

- **The Star mark (**)** classes are on-going class now!!
- **“Starting Soon”** means that has not started yet but we want to start. If you are interested the class, please apply it.
- The classes sometimes cancel. Please call to make sure, if you are not regular the class.
- Children Programs (Teen, Family, Mom & Me Yoga) and Pregnancy Yoga need pre-register by appointment.
- Private and semi-private, Healing and Massage sessions are needed an appointment.

2016

| Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|--|--|---|---|---|--|---|
| | ** 9:15-10:15 Pilates **10:30-11:50 Yoga & Pilates, Core Fusion Open Level | 9:30-10:30 Family Yoga (By pre-register) **11:00-12:20 Healing Yoga Gentle Welcome to beginners | **10:00-11:15 Yoga open level Beginners are welcome 11:30-12:30 Mom & Me Fun Fit/Integrated Creative Movement, Yoga to Music. By pre-register | **9:30-10:45 Yoga Open Level Beginners are welcome | **8:45-10:05 Yoga –Viniyasa Flow Inter/mix level **10:15-11:30 Yoga- Gentle (welcome Pregnancy) Beginners Welcome | **9:00-10:15 Yoga Open level Call for attendance Welcome beginners 10:45-11:45 Mom & Me Fun Fit/Integrated Creative Movement, Yoga to Music. By pre-register |
| 12-1:15 Mom & Baby Yoga 2:00 Pilates Semi-Private 3:30 Private Semi-Private (Appointment Only) | 12:15-1:25 Yoga Therapy Private/ semi-private Chair Yoga/ Pilates Qi-gong integrated Therapy for arthritis/ knees hips issue. (Appointment Only) | 12:30-1:30 Family Yoga (By pre-register) | | 12:30 & 1:45 Private & Semi-private class Shiatsu / Reiki (Appointment Only) | 3:00~ Pregnancy Massage & Reiki Healing Private Available (Appointment Only) | Pregnancy Massage Therapy Reiki Healing Private Available (Appointment Only) |
| ** 6:30-7:30 Pilates Welcome to beginners **7:50- 8:50 Tai-chi By appointment | **6:30-7:45 Yoga Open level Beginners welcome | ** 6:00-7:15 Pregnancy & Basic Yoga ** 7:30-8:45 Vinyasa Gentle flowYoga Open level Beginners Welcome **9-10 Good Night Yoga (Gentle yoga before sleep) | **6:00-7:15 Yoga open level Beginners Welcome **7:30-8:45 Gentle Yoga & Meditation for stress reduct Open level Beginners Welcome | | | |