


Hot yoga studio BION ABENO LESSON SCHEDULE July 2017

- Lessons can be attended by reservation only.
Please choose the lesson you would like to attend and reserve a place beforehand. Reservations can be made by WEB.
- The regular holiday is Tuesday every month.
- We will show the lesson or instructor that changed by web or studio bulletin board.
- Advanced reservations can be made beginning on the 25th of the previous month.
- The public holiday schedule will be changed. We will announce it at HP or studio bulletin board.



	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
10:00						
10:30		NEW				
11:00	10:30~11:30 bionYOGA Pelvic Adjustment KAORU.A	10:30~11:30 Seasonal Special Lesson KAE	10:30~11:30 bionYOGA Lymphs YUKI	10:30~11:30 bionYOGA Relax HIROMI	10:30~11:30 bionYOGA Basic SHO ※Mens Instructor	10:30~11:30 bionYOGA Pelvic Adjustment JUN
12:00						
12:30	12:00~13:00 bionYOGA Energy KAORU.A	12:00~13:00 bion Stretch &Reset AYUMI	12:00~13:00 bionYOGA Detox KAYO	12:00~13:00 bionYOGA Flow AYAKO	12:00~13:00 bionYOGA Detox KAYO	12:00~13:00 bionPILATES Beautiful Legs JUN
13:00						
13:30	NEW					
14:00	13:30~14:30 bion YOGA Relax MIEKO	13:30~14:30 bionPILATES Basic JUN	13:30~14:30 bionYOGA Basic Aki	13:30~14:30 bionYOGA Pelvic Adjustment KAYO	13:30~14:30 bionYOGA Lymphs KAORU.H	13:30~14:30 bionYOGA Flow KAE
15:00					NEW	NEW
15:30	15:00~16:00 bion YOGA Detox NORIKO	15:00~16:00 bionYOGA Relax HIROMI	15:00~16:00 bionYOGA Pelvic Adjustment AYAKO	15:00~16:00 bion YOGA Basic TOMOMI	15:00~16:00 1st ANNIV Special Lesson	15:00~16:00 bionPILATES Basic TAKAMI
16:00						
17:00					16:30~17:30 bion YOGA Basic YUMIKO	16:30~17:30 bion Stretch &Reset AYUMI
18:00				NEW	NEW	NEW
18:30	18:15~19:15 bionYOGA Basic TOMOMI	18:15~19:15 bionYOGA Lymphs RINA	18:15~19:15 bion Bodymake KAE	18:15~19:15 bion Stretch &Reset ERI	18:00~19:00 Seasonal Special Lesson AYUMI	18:00~19:00 bionYOGA Shape TOMOMI
19:00						
20:00	19:45~20:45 bionPILATES Basic JUN	19:45~20:45 bionYOGA Detox FUMIE	19:45~20:45 bionYOGA Relax HIRONO	19:45~20:45 bionYOGA Pelvic Adjustment Chika		
21:00		NEW				
21:30	21:15~22:15 bionYOGA Flow JUN	21:15~22:15 Seasonal Special Lesson ERI	21:15~22:15 bionYOGA Detox HIRONO	21:15~22:15 bion Bodymake TAKAMI		
22:00						
23:00						

NEW The class was changed content or instructor from this month.

 this mark show the highest intensity.
The people who take first time please refrain from attend.