

Hot yoga studio BION HARAJUKU LESSON SCHEDULE

- 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 No.1,No.3 Thursday 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	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	8:30 DOOR OPEN		8:30 DOOR OPEN			8:30 DOOR OPEN	
9:00	9:00~10:00 bionYOGA Beautiful gut WAKANA		9:00~10:00 bion PILATES Beautiful Skin AYA		9:00~10:00 bion YOGA Basic RIKA	9:00~10:00 bion BICORE Diet ERIKA	9:00~10:00 bion YOGA Relax Lisa
10:00		10:00 DOOR OPEN		10:00 DOOR OPEN			
10:30	10:30~11:30 bion PILATES Basic WAKANA	10:30~11:30 bion YOGA Relax Mizuki	10:30~11:30 bion YOGA Pelvic Adjustment AYA	10:30~11:30 bion YOGA Basic Mio	10:30~11:30 bionYOGA Beautiful gut Juka	10:30~11:30 bion YOGA Lymphs IKUKO	10:30~11:30 bionYOGA Beautiful gut RIE
12:00	12:00~13:00 bion YOGA Beautiful Posture Sachie	12:00~13:00 bion PILATES Beautiful Skin AYA	12:00~13:00 bionYOGA Beautiful gut RIE	12:00~13:00 bion Stretch &Beauty Mutsumi	12:00~13:00 bion de Diet MADOKA	12:00~13:00 bionYOGA Beautiful gut IKUKO	12:00~13:00 bion de Diet RIE
13:30	13:30~14:30 bion de SLIM BEAT YUKI	13:30~14:30 Special Lesson Lisa	13:30~14:30 bion YOGA Beautiful Posture RIE	13:30~14:30 bion PILATES Posture AYA	13:30~14:30 bion Stretch &Reset MADOKA	13:30~14:30 bion YOGA Pelvic Adjustment MIKAKO	13:30~14:30 bion PILATES Basic RIECO
15:00	15:00~16:00 bion Stretch &Reset SATSUKI	15:00~16:00 bion de Diet TAMAE	15:00~16:00 bion YOGA Relax YUNI	15:00~16:00 bion YOGA Beautiful Legs & Beautiful Buttocks AYA	15:00~16:00 bion PILATES Beautiful Skin AYA	15:00~16:00 bion Stretch &Reset SAORI	15:00~16:00 Special Lesson Lisa
17:00	17:00 DOOR CLOSE			17:00 DOOR CLOSE		16:30~17:30 bion PILATES Beautiful Skin SAORI	16:30~17:30 bion Stretch &Beauty AKIKO
18:00	17:50 DOOR OPEN			18:20 DOOR OPEN		18:30 DOOR CLOSE	
18:30	18:30~19:30 bion BICORE Balance ARISA	18:30~19:30 bionYOGA Beautiful gut yusako	18:30~19:30 bion HAWAIIAN Beauty SACHI	19:00~20:00 bion PILATES Posture RIECO	19:00~20:00 bion Stretch &Pelvic Adjustment ORI		
19:50	19:50~20:50 bion YOGA Relax YOKO	19:50~20:50 Special Lesson MAKI	19:50~20:50 bion YOGA Beautiful Legs & Beautiful Buttocks ERI	20:30~21:30 bion BICORE Shape Rie.I	20:30~21:30 bion YOGA Lymphs ORI		
21:10	21:10~22:10 bion PILATES Basic YOKO	21:10~22:10 bion de Diet MAKI	21:10~22:10 bion YOGA Relax SATSUKI				
23:00	23:10 DOOR CLOSE			22:30 DOOR CLOSE			



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



Lesson Information

At Magma Spa Studio, we use water vapor to gently warm your body. It creates the perfect environment for women to exercise in. As your body warms up, your flexibility also improves and you can stretch gently and slowly without discomfort. We have various programs available. Please Choose one according to your level.

STRETCH

Stretch your body out with simple movements. By loosening up, you will be able to get a beautiful body and perspire a lot at the same time.

Lesson Name	Intensity	Content
bion Stretch & Reset	★	As well as loosening up your body from deep within with simple stretches, a stretch pole may be used to correct your posture. This program is perfect for relaxing your whole body
bion Stretch & Beauty	★	Get into position and while aware of your beautiful body, loosen up your body from deep within. The warmth allows you to move easily so your approach is deeper
bion Stretch & Pelvic Adjustment	★★	By doing simple stretches and loosening your body from the core, as well as performing exercises to adjust the pelvic area, the misalignment of your body is fixed and your metabolism is increased. This is also effective in shaping your waistline as well.

YOGA

This program utilizes various Asana (poses) while breathing slowly and comfortably. It benefits your body and mind and allows to perspire freely.

レッスン名	強度	内容
bionYOGA Basic	★	This program benefits your body and mind while you enjoy Yoga poses and the magma. This class is recommended for beginners to Yoga and first-time customers to Magma Spa.
bionYOGA Relax	★	You can get closer to the magma plates by doing many poses in sitting and lying positions, and warming your body all the way through will let you relax. This program uses simple, slow movements
bionYOGA Lymphs	★	This program uses Asana (poses) and movements to improve the flow of your lymph while you enjoy Yoga poses and the magma. Your body will feel refreshed.
bionYOGA Pelvic Adjustment	★	This program incorporates Asana (poses) which benefit your pelvic while you enjoy Yoga poses and the magma. It aims to build a feminine, limber body
bionYOGA Beautiful Posture	★★	Adjust your scapula with using a tube and get a proper posture, then your metabolism will be increased.
bionYOGA Contemporary	★★	Harajuku special Lesson.
bionYOGA Beautiful gut	★★	By doing many twist Asana (poses) while taking minerals from the magma into your body irritate a gut and make them activate. The aim of this program is to make you feel refreshed from the inside out.
bionYOGA Beautiful Legs & Beautiful Buttocks	★★	Focusing on your legs and buttocks with feeling power of lava makes your back line beautiful.

PILATES

Using your abs, the core of your body, move while keeping your posture correct. In addition to helping your body line, this increases your metabolism and allows you to perspire freely.

レッスン名	強度	内容
bionPILATES Basic	★	By being aware of the core of your body and moving while feeling the power of the magma, you can trim your body line, increase your metabolism and perspire freely from deep within your body.
bionPILATES Posture	★★	By being aware of the core of your body and moving while feeling the power of the magma, you can get a more feminine body. This class focuses on your "posture" and "pelvis" to create an even more beautiful you.
bionPILATES Beautiful Legs	★★	This class focuses on training your core while feeling the power of the magma and raising your center of gravity. Look forward to its slimming effects and "hip up" effect. This program's aim is "body making" centered on "Beautiful Legs" and "Beautiful Buttocks".

OTHERS

レッスン名	強度	内容
bion Ballet Beauty	★	Femininity which incorporates basic ballet movements in the middle of the magma's warmth. This class brings out the flexibility and beauty in you.
bion HAWAIIAN Beauty	★	Hawaiian self-body care "Romi Romi" in the middle of the magma's warmth loosens up your body and Hawaiian music heals your mind and body while you slowly dance. This is a fun class for people who have not Hula danced before.
bion BICORE Balance	★★	You need lesson ticket. You can not take lesson as a trial fee
bion BICORE Shape	★★	
bion BICORE Diet	★★★	

SPECIAL LESSON

The limited time lesson bion seasonal special Lesson	★★	Seasonal special Lesson.
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- Please bring bath towels, face towels and water (500ml) to the studio.
 - ※ Your body will be warmed during your visit to this studio and you will perspire a great deal.
 - Please take care to drink water frequently.
 - ※ Lessons will take place on top of a towel.
- If you bring any of the following with you, please refrain from their use.
 - Oils and creams to rub into your skin, face packs, sauna suits or anything that blocks up your pores, mobile phones and derma rollers, etc.
 - ※ We also recommend using the spa after you have removed any make-up.
- Available lessons vary between spas.
 - For more details, please check the store page