

# Hot yoga studio BION Osaki 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 Monday 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.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	7:00 DOOR OPEN					
7:30						
8:00		7:30~8:30 Lava bath				
8:30	7:30~10:00 Lava bath		7:30~10:00 Lava bath	7:30~10:00 Lava bath		
9:00		9:00~10:00 bion Stretch & Beauty Mutsumi			9:30 DOOR OPEN	9:00~10:00 bion YOGA Detox YUKIKO
9:30						
10:00						
10:30	10:30~11:30 bion YOGA Relax NOAKO	10:30~11:30 bion Body make-up Rico	10:30~11:30 bion YOGA Detox MIYUKI	10:30~11:30 bion YOGA Pelvic adjustment yacchi	10:30~11:30 bion PILATES Basic RIE	10:30~11:30 bion YOGA Relax YUKIKO
11:00						
11:30						
12:00	July to November The limited time lesson 12:00~13:00 bion Special Lesson TAMAE	<b>NEW</b> 12:00~13:00 bion YOGA Pelvic adjustment AMI	12:00~13:00 bion YOGA Basic & Reset MIYUKI	12:00~13:00 bion YOGA Detox yacchi	12:00~13:00 bion Stretch & Beauty RIE	July to November The limited time lesson 12:00~13:00 bion Special Lesson MIDORI
12:30						
13:00						
13:30	<b>NEW</b> 13:30~14:30 bion YOGA Relax NOAKO		Capacity 10 people 13:30~14:30 bion YOGA Pelvic adjustment NORIKO		13:30~14:30 bion YOGA Detox YUKIKO	13:30~14:30 bion YOGA Pelvic adjustment NOAKO
14:00				14:00~15:00 bion PILATES Basic MIDORI		
14:30						
15:00	15:00~16:00 bion PILATES Posture Rico	15:00~16:00 bion YOGA Lymph yacchi			15:00~16:00 bion YOGA Relax YUKIKO	15:00~16:00 bion YOGA Detox MACHIKO
15:30						
16:00			15:00~18:00 Lava bath	15:30~18:00 Lava bath	16:30~17:30 bion YOGA Shape hiromi	16:30~17:30 bion PILATES Beautiful legs Rico
16:30	16:30~18:00 Lava bath	16:30~18:00 Lava bath				
17:00						
17:30						
18:00					18:00~19:00 bion Stretch & Reset KANA	18:00~19:00 bion Stretch & Beauty Rico
18:30	18:30~19:30 bion YOGA Lymph YUKIKO	18:30~19:30 bion YOGA Relax hiromi	18:30~19:30 bion Stretch & Beauty MIDORI	18:30~19:30 bion YOGA Detox MIREI		
19:00					Capacity 10 people	
19:30						
20:00	20:00~21:00 bion YOGA Relax YUKIKO	20:00~21:00 bion YOGA Pelvic adjustment MARIO	20:00~21:00 bion YOGA Lymph NOAKO	20:00~21:00 bion PILATES Basic MIDORI		20:00 DOOR CLOSE
20:30						
21:00						
21:30	21:20~22:20 bion YOGA Pelvic adjustment MARIO	21:20~22:20 bion YOGA Detox MARIO	21:20~22:20 bion YOGA Relax NOAKO	21:20~22:20 bion Special Lesson MIDORI		
22:00						
22:30				July to November The limited time lesson		
23:00	23:00 DOOR CLOSE					

July to November  
The limited time lesson /  
bion Takiase de Merihari BODY

**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.

