

Hot yoga studio BION ROKOKOUEEN LESSON SCHEDULE Oct 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 Thursday every month.
- We will show the lesson or instroacture that changed by web or studio bulleti
- 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 borad.
- Please do front check-in by 10 minutes before of lesson starting.(Entrance after lesson starting can't be done)

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
10:00	10:00 DOOR OPEN					
10:30	NEW 10:30~11:30 bion YOGA Relax RISA	10:30~11:30 bion ストレッチ &back SAE	10:30~11:30 bion ストレッチ &Pelvic Adjustment ERIKO	10:30~11:30 bion Stretch &Reset ERIKO	NEW 10:30~11:30 Seasonal special Lesson RUKA	10:30~11:30 bion PILATES Basic YUMI
11:30						
12:00	NEW 12:00~13:00 Seasonal special Lesson RISA	12:00~13:00 bion Storch &Pelvic Adjustment AKIKO	12:00~13:00 bion PILATES Beautiful Skin ERIKO	NEW 12:00~13:00 Seasonal special Lesson HATSUMI	12:00~13:00 bion Stretch &Back RUKA	12:00~13:00 bion PILATES Posture YUMI
13:00						
13:30	13:30~14:30 bion Belly Beauty ASAMI	13:30~14:30 bion YOGA Basic MAAYA		13:30~14:30 bion Belly Beauty MAKI	13:30~14:30 bion YOGA Lymphs YOKO.Y	NEW 13:30~14:30 Seasonal special Lesson SATSUMI
14:30						
15:00	15:00~16:00 bion PILATES Posture ERIKO	15:00~16:00 bion Stretch &Reset CHINATSU	15:00~16:00 bion YOGA Relax MARI	15:00~16:00 bion Stretch &Beauty MAKI	15:00~16:00 bion YOGA Detox YOKO.Y	15:00~16:00 bion YOGA Detox SATSUMI
16:00						
16:30					NEW 16:30~17:30 bion Beautiful Skin & Beautiful Buttock YUMI	16:30~17:30 bion YOGA Pelvoc Adjustment SAKI
17:00						
18:00			NEW 18:20~19:20 Seasonal special Lesson RUKA	18:20~19:20 bion Stretch &Reset SATSUMI	18:00~19:00 bion YOGA Relax ERIKO.T	18:00~19:00 bion YOGA Relax YOKO.Y
19:00						
19:30	19:40~20:40 bion YOGA Lymphs SATSUMI	19:40~20:40 bion PILATES Beautiful Skin YUMI	19:40~20:40 bion Stretch &Beauty YUKA	19:40~20:40 bion YOGA Energy SATSUMI		20:00 DOOR CLOSE
20:00						
21:00	21:00~22:00 bion YOGA Relax SATSUMI	NEW 21:00~22:00 bion Stretch &Reset YUMI	21:00~22:00 bion YOGA Pelvoc Adjustment YUKA	21:00~22:00 bion YOGA Relax SATSUMI	21:00 DOOR CLOSE	
21:30						
22:00						
23:00	23:00 DOOR CLOSE					

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





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 & Back	★★	It's to move around the scapula consciously using rubber band and raises metabolism. I come to have the good posture and the beautiful chest effect can also be expected.
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 lymphs while you enjoy Yoga poses and the magma. Your body will feel refreshed.
bionYOGA Pelvic Adjustment	★	This program incorporates Asana (poses) which benefit your pelvis while you enjoy Yoga poses and the magma. It aims to build a feminine, limber body
bionYOGA Detox	★★	By doing many twist Asana (poses) while taking minerals from the magma into your body, you can expect to perspire much more. The aim of this program is to make you feel refreshed from the inside out.
bionYOGA Energy	★★	Perspire freely while doing standing Asana (poses), which build a strong mind and body. This class is recommended for people who have become accustomed to Magma Spa and want to move a little more.
bion YOGA Beautiful Skin & Beautiful Buttock	★★	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 Skin	★★	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 Skin" 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.

SPECIAL LESSON

The limited time lesson October to December 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