

studio SUNDARI Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
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< Mysore Kobe > Hiro

Tuesday to Thursday, Saturday 6:30-9:30 / Friday 6:45-8:15 Red Class / Sunday 7:30-10:30
 (Closed on Mondays, last Sunday of the month, and moon days)

10:30~11:45 Hatha Yoga ● 🌿 1.3.5 weeks Kanako 2.4 weeks Himiko	ENGLISH 10:30~11:45 Hatha flow Wakana ●	ENGLISH 10:00~11:15 Active Yoga Dorina ENGLISH 11:45~12:45 Mat Pilates Dorina 🌿	10:30~11:45 Yin Yoga Sayaka ● 🌿	10:30~11:45 Hatha Yoga Sayaka ● 🌿	ENGLISH 10:00~11:15 Vinyasa Yoga Sachiko ● ENGLISH 11:45~13:00 Hatha Yoga Wakana ● 🌿 14:00~15:30 Asana Practice Himiko 2nd week of every month →	ENGLISH 11:00~12:15 Hatha Yoga Lisa 🌿
18:45~20:00 1.3.5 weeks Haruko 2.4 weeks Naomi ● 🌿 Weeks 1, 3, 5: Myofascial Release Yoga Weeks 2,4 Pelvic Adjustment	ENGLISH 18:30~19:45 Ashtanga beginner Hiro 🌿	18:30~19:30 Hatha flow Nozomi ●	20:00~21:00 Aroma Yoga Emi ● 🌿	ENGLISH 19:00~20:15 Vinyasa Yoga Wakana ●	19:00~20:15 Wellness Yoga Sachiko ● 🌿	

- Online parallel classes 🌿 Recommended for beginners ENGLISH Classes available in English
 - Maternity participation is possible for those between 13 and 36 weeks pregnant with permission from their doctor.
- The content of lessons and instructors may change at short notice. Please check the website for substitute information.
 Evening classes are cancelled on public holidays.