

# 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 Hatha Yoga Sachiko ● 📖 ENGLISH 11:45~13:00 Rocket Vinyasa Natalie ●	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 Hatha Flow 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 Rocket Vinyasa Natalie ●	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.