



IYC Omotesando 1F Studio							2020/12/8更新
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
10:35~11:50 (75min) Half Primary Yuki ①② Closed from 12/14~ (zoom from 12/14~)		10:35~12:05 Full Primary Yuki ①② Closed from 12/9~ (zoom from 12/16~)				9:45~11:00 (75min) Hatha Yoga Tom ①② +zoom	
					11:30~13:00 Half Primary Aoi ①②	11:30~13:00 Mysore Momo ①② +zoom	
						NEW 13:30~14:45(75min) Vinyasa Flow Joey ①②	
					15:10~16:40 Full Primary Yuki ①② Closed from 12/12~ (zoom from 12/12~)	15:10~16:25(75min) Hatha Yoga Tom ①② +zoom	
		19:00~20:15 (75min) Vinyasa Yoga Marina ②③④		18:30~19:45 (75min) Hatha Yoga Tom ①②			

IYC Jimbocho Studio 1F・5F・6F						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00~9:15 Basic Yoga Eriko ①② +zoom	
						9:30-10:45(75min) Iyengar Yoga Yuri Uemura ①② +zoom Closed 10/11~12/27
10:30~12:30 Mysore Momo ①② +zoom						
	10:00~11:15 Ashtanga Half Primary(Led) Ran ①② +zoom	10:00~11:15 Ashtanga Half Primary(Led) Yoko ①② +zoom	10:00~11:15 Ashtanga Half Primary(Led) Yoko ①② +zoom	10:00~11:15 Beginner's Hatha Chiaki ①② +zoom	10:00~11:15 Hatha Yoga Eriko ①② +zoom	
	12:30~14:30 Mysore Rieko Inoue ①②				12:30~14:30 Mysore Rieko Inoue ①②	
	NEW Starts 1/12 13:15~14:30 Vinyasa Flow Ran ①②	13:15~14:30 Yogic Arts Yoko ①②	13:15~14:30 Yin Yoga Yoko ①②		13:00~14:15 Basic Yoga Eriko ①② +zoom	
15:00~17:00 Mysore Rieko Inoue ①②						
					15:30~16:45 Beginner's Yoga with aroma Miho ①② +zoom	
	19:00~20:30 Beginners Mysore Mari.T ①②	19:30~20:45(75min) Iyengar Yoga Yuri Uemura ①② +zoom		19:00~20:30 Beginners Mysore Mari.T ①②		
19:00~20:15 Vinyasa Flow Joey ①② +zoom		NEW Starts 1/6 19:00~20:15 Rhythm and Flow Nao ②③				

IYC Ogikubo 3F・5F						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Mon-Thu: Mysore 6:30-9:00(doors open at 6:00) / Fri: Full Primary starts at 6:30 *Mon-Thu only: Please come around 7am if you have not memorized the sequence or if you are a beginner. Instructor: Momo ①② +zoom No classes on moon days. (IYC tickets and Mysore passes accepted)						
	10:30~12:00 Beginners Mysore Mari.T ①②				10:30~12:00 Beginners Mysore Yumiko.A ①②	7:00~9:00 Mysore Momo ①② +zoom
						10:30~12:00 Half Primary Yumiko.A ①② +zoom
	12:30~14:00 Full Primary Zenko ①②	12:30~14:00 Mysore Rieko Inoue ①②				
					12:30~14:00 Half Primary Zenko ①②	
					14:30~16:00 Mysore Yumiko.A ①②	
						16:30~18:00 Half Primary Momo ①② +zoom
		19:15~20:45 Mysore Yumiko.A ①②	19:15~20:30 (75min) Hatha Yoga Tom ①② +zoom	19:15~20:45 Mysore Yumiko.A ①②		
19:15~20:45(90min) Full Primary Mari.T ①②						

IYC Kudan-Iidabashi Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						7:00~9:00 (doors open at 6:30) Mysore * Beginners at 7:00 Mari.T ①②
			13:00~14:30 Mysore Rieko Inoue ①②			
					17:00~18:15 Basic Ashtanga Tatsuro ①② +zoom	17:00~19:00 Mysore Kie ①②

IYC Setagaya Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						10:30~11:45 (75min) Half Primary Aoi ①②