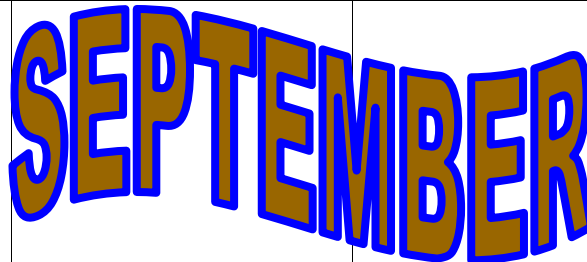


Sun	Mon	Tue	Wed	Thu	Fri	Sat
Green Fee Involved (Pay Classes) Black No Fee Classes Red Commander's Cup and Special Events		1 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	2 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	3 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	4 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1700 - Ki-Energy Breathing 1900 - Kendo @SAC	5
6	7 Labor Day Operation Hours 0800-1800 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	8 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	9 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	10 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	11 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1700 - Ki-Energy Breathing 1900 - Kendo @SAC	12
13	14 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	15 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	16 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri 1800 - Punt, Kick & Toss	17 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	18 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1700 - Ki-Energy Breathing 1900 - Kendo @SAC	19 0900 – Singles Table Tennis Tournament
20	21 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	22 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	23 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	24 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	25 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1700 - Ki-Energy Breathing 1900 - Kendo @SAC	26
27	28 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	29 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami	30 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	  		

- Price List -

Massage - (Please contact the front desk for available dates and times)

- Yukari (Tuesday & Wednesday): 60min \$70**
- Mayumi (Thursday, Friday, Saturday & Sunday): 60min \$70/ 80min \$100/ 30min-Foot \$50**
- Shuto (Monday): 60min-Sports Massage \$70 / 60min-Deep Tissue \$80**

Yoga

- Yuri (Monday & Wednesday): \$7**

Zumba

- Minami (Tuesday): \$4**
- Kayla (Monday, Wednesday & Thursday): \$4**

Aqua Zumba

- Kayla (Tuesday): \$4**

Mixxed Fit

- Kayla (Thursday & Friday): \$4**

Self Body Conditioning (SBC)

- Minami (Tuesday): \$5**

Personal Training

- Dimitri (By Appointment): \$50~**
- Oliwia (By Appointment): \$50~**

**For more information
Yano Fitness Center: Front Desk 263-4664**