

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 0900 - 6 Person-Soccer Tournament
2	3 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu <u>1730 - Yoga - Yuri</u>	4 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric	5 1200 - Zumba - Kayla 1700 - Kendo 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	6 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	7 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu <u>1715 - Ki-Energy Breathing</u>	8
9	10 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	11 Holiday Hours 0800 - 1800 1630 - Aikido - Kengo/Eric	12 1200 - Zumba - Kayla 1700 - Kendo 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	13 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	14 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing	15
16	17 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	18 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric	19 1200 - Zumba - Kayla 1700 - Kendo 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	20 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	21 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing	22
23	24 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu <u>1730 - Yoga -Yuri</u>	25 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Conditioning (Trial Class - no cost)	26 1200 - Zumba - Kayla 1700 - Kendo 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	27 CLOSED Happy Thanksgiving	28 Holiday Hours 0800 - 1800 (no classes)	29
30		Green Fee Involved (Pay Classes) Black No Fee Classes Red Commander's Cup and Special Events			NOVEMBER	

- 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): \$5**

Zumba

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

Aqua Zumba

- Kayla (Tuesday): \$4**

Mixxedfit

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

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