

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Green Fee Involved (Pay Classes) Black No Fee Classes Red Commander's Cup and Special Events		JULY		1 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	2 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	3 Holiday Operation Hours 0800 –1800 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC	4 Happy 4th of July
5	6 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	7 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	8 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	9 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	10 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing 1900 - Kendo @SAC	11	
12	13 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	14 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	15 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri 1800 - Home Run Derby	16 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	17 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC	18	
19	20 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	21 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond - Minami 1900 - Kendo @SAC	22 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	23 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	24 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing 1900 - Kendo @SAC	25	
26	27 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	28 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	29 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	30 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	31 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing 1900 - Kendo @SAC	U.S. ARMY SPORTS • FITNESS • AQUATICS U.S. ARMY MWR SOLDIER • FAMILY • RETIREE • CIVILIAN	

- 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**