

**The schedule is subject to change*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 	1 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	2 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Conditioning (SBC) - Minami	3 1200 - Zumba - Kayla 1700 - Kendo - Masa 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri 1800 - Big Kahuna	4 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	5 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing	6 1300 - Army Navy Flag Football Game @ZHS
7	8 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	9 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Conditioning (SBC) - Minami	10 1200 - Zumba - Kayla 1700 - Kendo - Masa 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri 1800 - Gingerbread Man 3K Fun Run @SHA	11 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	12 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing	13
14	15 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	16 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Conditioning (SBC) - Minami	17 1200 - Zumba - Kayla 1700 - Kendo - Masa 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	18 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	19 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing	20
21	22 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	23 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Conditioning (SBC) - Minami	24 1200 - Zumba - Kayla 1700 - Kendo - Masa 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	25  CLOSED	26 Holiday Hours 0800-1800 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing	27
28	29 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	30 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Conditioning (SBC) - Minami	31 1200 - Zumba - Kayla 1700 - Kendo - Masa 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	 December		

Green
Fee Involved
(Pay
Classes)

Black
No Fee
Classes

Red
Command-
er's Cup and
Special
Events

- 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**

Self Body Conditioning (SBC)

- Minami (Tuesday): \$5**

Personal Training

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

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