Yano Fitness Center DSN: 263-4664 / Comm: 046-407-4664 Hours of Operation: Mon - Fri 0500 - 2100 / Sat, Sun & Hol 0800 - 1800

*The schedule is subject to change CLOSED at 1200 on all Open Posed Events

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	3 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric ~~1730 - Self Body Cond- Minami~~ 1900 - Kendo @SAC	4 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	5 1000 - Pilates - Kelli 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	6 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu ~~1900 - Kendo @SAC~~	7 0900 - 6 on 6 Soccer 0900 - HYROX - Nicole
8	9 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	10 0900 - Aqua Zumba - Kayla 1000 - Pilates - Kelli ~~1200 - Zumba - Minami~~ 1630 - Aikido - Kengo/Eric ~~1730 - Self Body Cond- Minami~~ 1900 - Kendo @SAC	11 Holiday Unstaffed Operation ~~1200 - Zumba - Kayla~~ ~~1700 - Brazilian Jiu-jitsu~~ ~~1730 -Yoga- Yuri~~	12 1000 - Pilates - Kelli 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	13 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1900 - Kendo @SAC	14 0900 - HYROX - Nicole
15	16 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	17 0900 - Aqua Zumba - Kayla 1000 - Pilates - Kelli 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	18 ~~1200 - Zumba - Kayla~~ 1700 - Brazilian Jiu-jitsu 1730 - Yoga- Yuri 1800 - Turky Glow Trot 4 mile Run @ ZAMA	19 1000 - Pilates - Kelli 1130 - Aikido - Kengo ~~1200 - Mixxed Fit - Kayla~~ 1630 - Aikido - Kengo/Eric ~~1730 - Zumba - Kayla~~	20 ~~1200 - Mixxed Fit - Kayla~~ 1700 - Brazilian Jiu-jitsu 1900 - Kendo @SAC	21 0900 - HYROX - Nicole
22	23 ~~1200 - Zumba - Kayla~~ 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	24 ~~0900 - Aqua Zumba - Kayla~~ 1000 - Pilates - Kelli 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric ~~1730 - Self Body Cond- Minami~~ 1900 - Kendo @SAC	25 ~~1200 - Zumba - Kayla~~ 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	26 Holiday Unstaffed Operation ~~1000 - Pilates - Kelli~~ 1130 - Aikido - Kengo ~~1200 - Mixxed Fit - Kayla~~ 1630 - Aikido - Kengo/Eric ~~1730 - Zumba - Kayla~~	27 Staffed Operation Hours 0800-1800 ~~1200 - Mixxed Fit - Kayla~~ ~~1700 - Brazilian Jiu-jitsu~~ 1900 - Kendo @SAC	28 ~~0900 - HYROX - Nicole~~
29	30 ~~1200 - Zumba - Kayla~~ 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri					

Green
Fee Involved (Pay Classes)
Black
No Fee Classes
Red
Commander's Cup and Special Events

U.S. ARMY MWR
U.S. ARMY SFA
SPORTS · FITNESS · AQUATICS

- 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~

Pilates
- Kelli : $5

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