

*\*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 <del>1200 - Zumba - Minami</del> 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	3 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	4 1130 - Aikido - Kevin 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	5 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu <del>1745 - Ki Energy Breathing</del> 1900 - Kendo @SAC	6
7 1000-1200 Aikido	8 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	9 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric <del>1730 - Self Body Cond- Minami</del> 1900 - Kendo @SAC	10 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	11 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	12 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing 1900 - Kendo @SAC	13
14	15 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu <del>1730 - Yoga -Yuri</del>	16 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric <del>1730 - Self Body Cond- Minami</del> 1900 - Kendo @SAC	17 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu <del>1730 -Yoga- Yuri</del>	18 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	19 <b>Holiday Hours</b> 0800 - 1800 <del>1200 - Mixxed Fit - Kayla</del> <del>1700 - Brazilian Jiu-jitsu</del> <del>1715 - Ki Energy Breathing</del> <del>1900 - Kendo @SAC</del>	20
21	22 <del>1200 - Zumba - Kayla</del> 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	23 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric <del>1730 - Self Body Cond- Minami</del> 1900 - Kendo @SAC	24 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	25 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1730 - Zumba - Kayla	26 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1715 - Ki-Energy Breathing 1900 - Kendo @SAC	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 <del>1730 - Self Body Cond- Minami</del> 1900 - Kendo @SAC	<p><b>Green</b>                      Fee Involved (Pay Classes)  <b>Black</b>                      No Fee Classes  <b>Red</b>                      Commander's Cup and                      Special Events</p>		 	<b>JUNE</b>

## **- 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**

### **Mixed Fit**

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

### **Self Body Conditioning (SBC)**

- Minami (Tuesday): \$5**

### **Personal Training**

- Dimitri (By Appointment): \$50~**
- Oliwia (By Appointment): \$65~**

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