

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																								
AUGUST		Green Fee Involved (Pay Classes) Black No Fee Classes Red Commander's Cup and Special Events <tr><td colspan="4"></td><td colspan="2"> </td><td> 1 CLOSED AT 1200 FOR BON-ODORI </td></tr> <tr><td> 2 </td><td> 3 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri </td><td> 4 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC </td><td> 5 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri </td><td> 6 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla </td><td> 7 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC </td><td> 8 </td></tr> <tr><td> 9 </td><td> 10 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri </td><td> 11 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC </td><td> 12 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri </td><td> 13 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla </td><td> 14 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC </td><td> 15 1700 - Corn Hole Tournament @ CZCC </td></tr> <tr><td> 16 </td><td> 17 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri </td><td> 18 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC </td><td> 19 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri </td><td> 20 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla </td><td> 21 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC </td><td> 22  </td></tr> <tr><td> 23 </td><td> 24 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri </td><td> 25 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC </td><td> 26 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri </td><td> 27 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla </td><td> 28 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC </td><td> 29 1700 - Texas Hold'em Tournament @ CZCC </td></tr> <tr><td> 30 </td><td> 31 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri </td><td colspan="5">  </td></tr>									1 CLOSED AT 1200 FOR BON-ODORI	2	3 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	4 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	5 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	6 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	7 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC	8	9	10 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	11 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	12 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	13 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	14 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC	15 1700 - Corn Hole Tournament @ CZCC	16	17 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	18 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	19 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	20 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	21 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC	22 	23	24 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri	25 0900 - Aqua Zumba - Kayla 1200 - Zumba - Minami 1630 - Aikido - Kengo/Eric 1730 - Self Body Cond- Minami 1900 - Kendo @SAC	26 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 -Yoga- Yuri	27 1130 - Aikido - Kengo 1200 - Mixxed Fit - Kayla 1630 - Aikido - Kengo/Eric 1730 - Zumba - Kayla	28 1200 - Mixxed Fit - Kayla 1700 - Brazilian Jiu-jitsu 1745 - Ki Energy Breathing 1900 - Kendo @SAC	29 1700 - Texas Hold'em Tournament @ CZCC	30	31 1200 - Zumba - Kayla 1700 - Brazilian Jiu-jitsu 1730 - Yoga -Yuri					
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- 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**