

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>February</h1>				<p>Green Fee Involved (Pay Classes) Black No Fee Classes Red Commander's Cup and Special Events</p>	 	
1	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 - Yoga -Yuri</p>	<p>0900 - Aqua Zumba - Kayla</p> <p>1200 - Zumba - Minami</p> <p>1630 - Aikido - Kengo/Eric</p> <p>1730 - Self Body Conditioning (SBC) - Minami</p>	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 -Yoga- Yuri</p> <p>1730 - Kendo - Masa</p>	<p>1130 - Aikido - Kevin</p> <p>1200 - Mixxed Fit - Kayla</p> <p>1730 - Zumba - Kayla</p>	<p>1200 - Mixxed Fit - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1715 - Ki-Energy Breathing</p>	<p>0900 - Pickleball Tournament</p>
8	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 - Yoga -Yuri</p>	<p>0900 - Aqua Zumba - Kayla</p> <p>1200 - Zumba - Minami</p> <p>1630 - Aikido - Kengo/Eric</p> <p>1730 - Self Body Conditioning (SBC) - Minami</p>	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 -Yoga- Yuri</p> <p>1730 - Kendo - Masa</p>	<p>1130 - Aikido - Kevin</p> <p>1200 - Mixxed Fit - Kayla</p> <p>1730 - Zumba - Kayla</p>	<p>1200 - Mixxed Fit - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1715 - Ki-Energy Breathing</p> <p>1730 -Shared Balance Yoga - Yuri</p>	14
15	<p>16 Holiday Hours 0800 - 1800</p> <p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 - Yoga -Yuri</p>	<p>0900 - Aqua Zumba - Kayla</p> <p>1200 - Zumba - Minami</p> <p>1630 - Aikido - Kengo/Eric</p> <p>1730 - Self Body Conditioning (SBC) - Minami</p>	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 -Yoga- Yuri</p> <p>1730 - Kendo - Masa</p> <p>1800 - Team Swim Relay</p>	<p>1130 - Aikido - Kevin</p> <p>1200 - Mixxed Fit - Kayla</p> <p>1730 - Zumba - Kayla</p>	<p>1200 - Mixxed Fit - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1715 - Ki-Energy Breathing</p>	<p>1700 - Darts Tournament @SHA Club</p>
22	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 - Yoga -Yuri</p>	<p>0900 - Aqua Zumba - Kayla</p> <p>1200 - Zumba - Minami</p> <p>1630 - Aikido - Kengo/Eric</p> <p>1730 - Self Body Conditioning (SBC) - Minami</p>	<p>1200 - Zumba - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1730 -Yoga- Yuri</p> <p>1730 - Kendo - Masa</p>	<p>1130 - Aikido - Kevin</p> <p>1200 - Mixxed Fit - Kayla</p> <p>1730 - Zumba - Kayla</p>	<p>1200 - Mixxed Fit - Kayla</p> <p>1700 - Brazilian Jiu-jitsu</p> <p>1715 - Ki-Energy Breathing</p>	28

- 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**