

7/29 (月)~8/31 (土)

MAYURA レッスンスケジュール

Lesson schedule table for the period from July 29 to August 11. It includes columns for dates and times, and rows for various lesson types such as 'ホット' (Hot), 'ヨガ' (Yoga), and 'ヨガ+ダンス' (Yoga + Dance). Instructors listed include Tomoko, Kana, Shiho, Suzy, and Kim. A large 'closed' block covers the weekend of August 2-3.

Lesson schedule table for the period from August 12 to August 25. It continues the weekly lesson schedule with various classes and instructors. A 'closed' block is present for August 16-17. The table includes details for 'ヨガ+ダンス' and 'ホット' sessions.

Lesson schedule table for the period from August 26 to August 31. This section shows the final days of the schedule, including lessons on August 31. It lists specific classes and the instructor 'Suzy' for the final session.

\*レッスンは1時間です。