

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------|-----------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| * 守山うの家6/8(木)・6/21(水) * 草津古民家6/13(火)・6/25(日) * 大津旧大津公会堂6/10(土) * (水)(木)朝レッスン時間を変更しております。 * うの家・古民家のレッスンは6月で最後です。 * アルファベットについて H・・・ハタヨガ P・・・マイプラクティス | | | 1 | 2 | 3 | 4 |
| | | | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H |
| | | | 9:30~10:45 H | | 9:30~10:45 H | 9:30~10:45 H |
| | | | P 12:00~13:00 | (外出Lesson) | P 12:00~13:00 | (外出Lesson) |
| | | | 13:30~14:45 H | | 13:30~14:45 H | |
| | | | P 15:30~16:30 | 14:30~15:45 H | | 14:30~15:45 H |
| | | | P 17:30~18:30 | P 17:00~18:00 | P 16:30~17:30 | P 16:30~17:30 |
| 19:00~20:15 H | 18:30~19:45 H | 18:00~19:15 H | 18:00~19:15 H | | | |
| 21:00~22:00 H | 21:00~22:00 H | | 21:00~22:00 H | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | | 7:30~8:30 H |
| | 9:30~10:45 H | P 9:00~10:00 | うの家P 9:00~10:00 | | (旧大津公会堂) | 9:30~10:45 H |
| (外出Lesson) | | 10:30~11:45 H | 10:30~11:45 H | (外出Lesson) | 9:30~10:45 H | (外出Lesson) |
| | (外出Lesson) | (外出Lesson) | P 13:00~14:00 | | P 12:00~13:00 | |
| P 15:30~16:30 | | P 15:30~16:30 | 14:30~15:45 H | 14:30~15:45 H | 13:30~14:45 H | 14:30~15:45 H |
| P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 16:30~17:30 | P 16:30~17:30 |
| 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 18:00~19:15 H | 18:00~19:15 H |
| 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 7:30~8:30 H | 7:30~8:30 H | P 8:00~9:00 | 7:30~8:30 H | 7:30~8:30 H | P 8:00~9:00 | 7:30~8:30 H |
| | (古民家) | 9:30~10:45 H | P 9:00~10:00 | | 9:30~10:45 H | 9:30~10:45 H |
| (外出Lesson) | 10:00~11:15 H | (外出Lesson) | 10:30~11:45 H | (外出Lesson) | P 12:00~13:00 | (外出Lesson) |
| | (外出Lesson) | | P 13:00~14:00 | | 13:30~14:45 H | |
| P 15:30~16:30 | | P 15:30~16:30 | 14:30~15:45 H | 14:30~15:45 H | | 14:30~15:45 H |
| P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 16:30~17:30 | P 16:30~17:30 |
| 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 18:00~19:15 H | 18:00~19:15 H |
| 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H | 7:30~8:30 H |
| | 9:30~10:45 H | うの家P 9:00~10:00 | 9:30~10:45 H | | 9:30~10:45 H | (古民家) |
| (外出Lesson) | | 10:30~11:45 H | P 12:00~13:00 | (外出Lesson) | P 12:00~13:00 | 10:00~11:15 H |
| | (外出Lesson) | (外出Lesson) | 13:30~14:45 H | | 13:30~14:45 H | (外出Lesson) |
| P 15:30~16:30 | | P 15:30~16:30 | P 15:30~16:30 | 14:30~15:45 H | | 14:30~15:45 H |
| P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 16:30~17:30 | P 16:30~17:30 |
| 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 18:00~19:15 H | 18:00~19:15 H |
| 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | | |
| 26 | 27 | 28 | 29 | 30 | * 外出Lessonは他スタジオでの レッソンの為Closeです * 新規様は原則1レッスンにつき 一人様の受付です * ご予約方法 公式LINE @068tqzqf ① yu.yamada.0505@gmail.com ② https://so-l-yoga.com | |
| 7:30~8:30 H | 7:30~8:30 H | P 8:00~9:00 | 7:30~8:30 H | 7:30~8:30 H | | |
| | 9:30~10:45 H | 9:30~10:45 H | P 9:00~10:00 | | | |
| (外出Lesson) | | (外出Lesson) | 10:30~11:45 H | (外出Lesson) | | |
| | (外出Lesson) | | P 13:00~14:00 | | | |
| P 15:30~16:30 | | P 15:30~16:30 | 14:30~15:45 H | 14:30~15:45 H | | |
| P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | P 17:30~18:30 | P 17:00~18:00 | | |
| 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | 19:00~20:15 H | 18:30~19:45 H | | |
| 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | 21:00~22:00 H | | |