

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7:00-8:00 Easy YOGA & Meditation Alexandra Gray	7:00-8:00 Easy YOGA & Meditation Mary Beth Horiai	7:00-8:00 Easy YOGA & Meditation Alexandra Gray	7:00-8:00 Easy YOGA & Meditation Mary Beth Horiai	7:00-8:00 Core Strength YOGA Alexandra Gray		
8:00							
9:00	8:30-9:30 Vinyasa Flow YOGA Alexandra Gray	8:30-9:30 Vinyasa Flow YOGA Mary Beth Horiai	8:30-9:30 Vinyasa Flow YOGA Alexandra Gray	8:30-9:30 Vinyasa Flow YOGA Mary Beth Horiai	8:30-9:30 Vinyasa Flow YOGA Alexandra Gray		9:00-10:00 Naupaka Enjoy Hula Hokulani
10:00	10:00-12:00 ALOHA YOGA Private Lesson	10:00-12:00 ALOHA YOGA Private Lesson		10:00-12:00 ALOHA YOGA Private Lesson		9:30-10:30 Pineapple Squeeze age 4-6 Kellianne	10:00-11:00 Pikake Hula / Beginners 2 Donna
11:00					11:00-12:00 YOGA for Flexibility & Hip joint Yoka Takahashi	10:30-11:30 Pineapple Princess age 6-12 Kellianne	11:00-12:00 Pakalana Tahitian / Beginners 2 Donna
12:00			11:30-12:30 Pua Lilia / Kupuna Hula / Beginners 2 Donna			11:30-13:30 Fetia Hokulani	12:00-13:00 Pakalana Hula / Beginners 2 Donna
13:00			12:30-13:30 Pua Lilia / Kupuna Tahitian / Beginners 2 Donna		12:30-13:30 YOGA for Stiff neck Yoka Takahashi		
14:00						14:00-15:00 Mokihana Show Class Nicole	
15:00						15:00-16:00 Mokihana Hula / Beginners 2 Nicole	
16:00						16:00-17:00 Mokihana Tahitian / Beginners 2 Nicole	16:30-17:30 YOGA for Stiff neck Yoka Takahashi
17:00	16:30-17:30 Core Strength YOGA Alexandra Gray	16:30-17:30 Core & Flexibility YOGA flow Agata Jargilo	16:30-17:30 Detox YOGA Mary Beth Horiai	16:30-17:30 Core & Flexibility YOGA flow Agata Jargilo			
18:00	18:00-19:00 Hatha YOGA for Beginners Alexandra Gray	18:00-19:00 Core & Flexibility YOGA flow Agata Jargilo	18:00-19:00 Easy YOGA & Meditation Mary Beth Horiai	18:00-19:00 Core & Flexibility YOGA flow Agata Jargilo	17:45-18:45 Maile age 12-18 Hokulani	17:30-18:30 Gracious Ladies Hula / Intermediate Jasmin	18:00-19:00 YOGA for Flexibility & Hip joint Yoka Takahashi
19:00					18:45-19:45 Maile age 12-18 Hokulani	18:30-19:30 Gracious Ladies Tahitian / Intermediate Jasmin	
20:00	19:30-20:30 Lehua Hula / Beginners 2 Kellianne	19:30-20:30 Tiare Hula / Beginners 1 Donna	19:30-20:30 Pua Kenikeni Hula / Beginners 2 Kristen	19:30-20:30 Plumeria Hula / Beginners 2 Jasmin		19:30-20:30 Gracious Ladies Show Class Jasmin	
21:00	20:30-21:30 Lehua Tahitian / Beginners 2 Kellianne	19:30-20:30 Tiare Tahitian / Beginners 1 Donna	20:30-21:30 Pua Kenikeni Tahitian / Beginners 2 Kristen	20:30-21:30 Plumeria Tahitian / Beginners 2 Jasmin	20:00-21:00 Hatha YOGA for Beginners Alexandra Gray		
22:00	21:30-22:30 Lehua Show Class Kellianne			21:30-22:30 Plumeria Show Class Jasmin	20:45-21:45 Calming YOGA Alexandra Gray		

- All of our Yoga Instructors are bilingual, they speak Japanese and English fluently / ALOHA YOGAの講師は全員、日本語と英語を話します。
- Reservations required, Capacity 8 people. / 受講には事前予約が必要です。また定員は8名とさせていただきます。
- Please be advised that we measure everyone's temperature upon your arrival at the studio. / スタジオ到着時、体温の測定をお願いします。
- It is mandatory to disinfect with alcohol and hand washing at the time of studio visit. / スタジオ入室時の手指消毒にご協力ください。
- Note that those who have a fever of 37.5 degrees or higher are not allowed to attend lessons. / 37.5度以上の発熱がある方はご参加いただけません。
- If you feel unwell, such as coughing, fever or malaise, please refrain from taking lessons. / 咳、発熱、倦怠感など気分が悪い場合は、ご遠慮ください。
- ALOHA YOGA ventilate the studios frequently. / アロハヨガでは、頻繁に換気を行っています。
- The distance to the neighbour during the lesson is more than 2 meters. / レッスン中は他の方と2m以上離れて行います。
- Please wear a mask at all time. Staff will wear masks. / マスク着用にご協力ください。スタッフ/講師はマスクを着用します。
- If you have no reservation, you come after the class start time or we have reached the capacity, you may be refused participation. / 予約されていない場合、クラス開始時間を過ぎてのお越しの場合、定員に達した場合は、参加をお断りすることがございます。
- Please have the exact amount ready because we won't be able to give change. / 釣銭の用意がありませんので、お釣りの無いようご協力ください。

Yoga mat rental ¥300 per mat (Free for a trial lesson)	ヨガマット(レンタル) 1枚 300円(税込) / 体験レッスン時は無料
Face towel ¥300	フェイスタオル(購入) 1枚 300円(税込)
Bottled water 500ml ¥200	ボトルウォーター500ml(購入) 1本 200円(税込)