

Table with columns for dates (2025, 2026) and days (日, 月, 火, 水, 木, 金, 土) under the heading 'Yokohama Studio Group Lesson Schedule'. Each cell contains lesson details such as time slots (e.g., 9:30, 11:10), activity names (e.g., 呼吸で聴UP, 下腹強化), and instructor names (e.g., Suzu, Yuki, Kasumi).