



# Wellness Lab (5 sessions)



Exciting After School Activity Alert for Early Years!

Looking for a fun and active way for your child to burn off energy? Join Mrs. Hanamura and Mr. Taku-san at Wellness Lab. Join us for our lively circuit exercise sessions tailored for Early Years students (ages 3-6).

Led by a certified trainer from Wellness Lab. Join us, our after-school program features thrilling games and exercises designed to keep young minds and bodies engaged and entertained.

Details:

- July 17 Fridays
- 3:15 PM - 4:15 PM
- Wellness Lab. Join us

This activity is open to up to 8 Early Years students, including EY 3/4 and Kindergarten. **Parents are kindly asked to pick up their child directly from the gym promptly at 4:15 PM.** Please note that the instructor will not walk students back to MBIS.

The cost is 500 yen per student per session, totaling 4,000 yen

Sign up today to secure your spot. Limited spaces available!

Time	Location	Open to	Instructor	Min / Max Participants	Registration fee
Friday 3:15-4:15	Wellness Lab SUNS	EY3, EY4 Kindergarten	Mrs Hanamura Mr Taku Oomae	4/8 students	4,000 yen



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16 PTC	17 PTC	18	19
22	23	24	25	26
29	30			



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3 NO CLUB!
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31