

# スケジュール/SCHEDULE

4月/April

ALL MEMBER

KIDS & TEENS MEMBER

ZUMBA MEMBER

MARTIAL ARTS MEMBER

★ New Class

S:STUDIO

K:Under supervision of parents children are welcome into the class.

| MON.  | TUE.  | WED.  | THU.   | FRI.   | SAT.  |
|---|---|---|--|--|---|
| Zumba w/Mae<br>11:00-12:00SK  | TRX Core Strength<br>w/Miki<br>11:00-12:00K           | Zumba w/Dulce<br>11:00-12:00SK                                    | Yoga w/Jamie<br>w/Kyoko on 12th<br>11:00-12:00SK     | Zumba w/Mai<br>Please ask on 6th<br>11:00-12:00SK          | Zumba w/Mae<br>11:00-12:00SK  |
| KickBoxing<br>w/Lek & Nun<br>11:00-12:30  | KickBoxing<br>(Mitt & Sparring)<br>Sato 11:15-12:15   | KickBoxing Basic<br>w/Lek & Nun<br>11:00-12:00                    | KickBoxing<br>w/Lek & Nun<br>11:00-12:30             | KickBoxing<br>w/Lek & Nun<br>11:00-12:30                   | Kick Boxing Basic<br>w/Lek, Nun, & Cham<br>11:00-12:30                  |
| TRX w/Miki<br>12:20-12:50   | Wave Stretch<br>w/Mai<br>12:20-12:50                  | Zumba w/Dulce<br>12:20-12:50SK                                    |  | Up & Set<br>~Yossy流 Stretch~<br>w/Yoshimoto<br>12:20-12:50 |   |
| Yoga w/Erico<br>13:30-14:30S  | Zumba & Wave<br>w/Mai<br>13:30-14:30SK                | Kick Boxing<br>w/Lek & Nun<br>13:00-14:00                         | KickBoxing<br>w/Lek & Nun<br>13:30-14:30             | KickBoxing<br>w/Lek & Nun<br>13:30-14:30                   | TRX & Stretch<br>12:40-13:40<br>w/Rin on 7, 14&28th<br>w/Midori on 21st |
| Kick Boxing<br>w/Lek & Nun<br>13:30-14:30   | Kick Boxing<br>(SP魔人Circuit)<br>w/Sato<br>13:30-14:30 | TRX Circuit<br>w/Miki<br>14:00-15:00                              | INSANITY<br>w/Midori<br>14:00-15:00                  | Up & Set<br>~Yossy流 Circuit~<br>w/Yoshimoto<br>14:00-15:00 | Kick Boxing<br>w/Lek, Nun & Cham<br>14:00-15:00                         |
| Kick Boxing<br>w/Lek & Nun<br>15:00-16:00   | Kick Boxing<br>w/Sato & Okubo<br>15:00-16:00          | Kick Boxing<br>w/Lek & Nun<br>15:00-16:00                         | Kick Boxing<br>w/Lek & Nun<br>15:00-16:00            | Kick Boxing<br>w/Lek & Nun<br>15:00-16:00                  | Kick Boxing<br>w/Lek, Nun & Cham<br>15:30-16:30                         |
| Personal<br>Training  | Karate w/Sato<br>16:30-17:30                          | Personal<br>Training  | Personal<br>Training                                 | Personal<br>Training                                       | CLOSE 17:00   |
| Kick Boxing<br>w/Lek, Nun &<br>Cham<br>18:00-19:30                                | Kick Boxing<br>w/Sato & Okubo<br>18:30-19:30          | Kick Boxing Basic<br>w/Lek, Nun &<br>Okubo<br>18:00-19:30         | Kick Boxing<br>w/Lek & Nun<br>18:00-19:30            | Kick Boxing<br>(Beginner)<br>w/Lek & Nun<br>18:30-19:30    | ★ We will be<br>closed on<br>April, 30th (Mon)                          |
| TRX Circuit<br>w/Miki<br>19:00-19:55  | Salsation<br>w/Maria<br>19:00-20:00S                  | Zumba w/Mae<br>19:30-20:30S                                       | A2ko's Kick<br>Conditioning<br>w/a2ko<br>18:45-19:30 | Kick Boxing<br>w/Lek & Nun<br>19:45-20:45                  |   |
| Zumba<br>w/Jessa<br>20:00-21:00S  | Relaxation Yoga<br>w/Kyoko<br>20:15~21:15S            | Kick Boxing<br>(Sparring)<br>w/Lek, Nun &<br>Okubo<br>19:45-20:45 | Zumba(45)<br>w/Jessa<br>19:00-19:45S                 | Up & Set<br>~Yossy流 Circuit~<br>w/Yoshimoto<br>19:45-20:45 |   |
| Kick Boxing<br>(Mitt & Sparring)<br>(Beginner)<br>w/Lek,Nun, &Cham<br>20:00-21:30 | Karate<br>w/Sato<br>20:00-21:30                       | S & C<br>(Strength&Conditioning)<br>w/Yuma<br>20:45-21:45         | A2ko's Kick<br>w/a2ko<br>19:45-20:30                 | CLOSE 21:00  |   |
|   |   |   | Thai Kick Rhythm<br>w/a2ko<br>20:45-21:45            |  |   |
| CLOSE 22:00   | CLOSE 22:00   | CLOSE 22:00   | CLOSE 22:00  |  |   |

完全予約制となっております。お電話でのご予約をお願いします。

インストラクターのイベント等の都合でスケジュールが変更となる場合がございます。ご了承ください。

All classes are by appointment only. Please call us to reserve your class.

TEL.03-6277-7416