

スケジュール/SCHEDULE

11月/November

ALL 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/Rumi 11:00-12:00SK | TRX Core Strength w/Miki 11:00-12:00K | Zumba w/Dulce 11:00-12:00SK | Yoga w/Jamie 11:00-12:00SK | Zumba w/Mai 11:00-12:00SK | Zumba w/Mae 11:00-12:00SK |
| KickBoxing w/Lek & Nun 11:00-12:30 | KickBoxing (Mitt & Sparring) Sato 11:15-12:15 | KickBoxing Basic w/Lek, Nun & Sato 11:00-12:00 | KickBoxing w/Lek & Nun 11:00-12:30 | KickBoxing w/Lek & Nun 11:00-12:30 | Kick Boxing Basic w/Lek, Nun, & Cham 11:00-12:30 |
| TRX w/Miki 12:20-12:50 | Wave Stretch w/Mai 12:20-12:50 | Zumba w/Dulce 12:20-12:50SK | | Martial Arts Circuit w/Satoshi 12:20-12:50 | |
| Yoga w/Urara 13:30-14:30S | Zumba & Wave w/Mai 13:30-14:30SK | Kick Boxing w/Lek, Nun & Sato 13:00-14:00 | KickBoxing w/Lek & Nun 13:30-14:30 | KickBoxing w/Lek & Nun 13:30-14:30 | TRX & Stretch 12:40-13:40 w/Midori on 10th w/Rin on 17 & 24th |
| Kick Boxing w/Lek & Nun 13:30-14:30 | Kick Boxing (SP魔人Circuit) w/Sato 13:30-14:30 | TRX Circuit w/Miki 14:00-15:00 | INSANITY w/Midori 14:00-15:00 | Martial Arts Circuit w/Satoshi 14:00-15:00 | Kick Boxing w/Lek, Nun, & Cham 14:00-15:00 |
| Kick Boxing w/Lek & Nun 15:00-16:00 | Kick Boxing w/Sato & Okubo 15:00-16:00 | Kick Boxing w/Lek, Nun & Sato 15:00-16:00 | Kick Boxing w/Lek & Nun 15:00-16:00 | Kick Boxing w/Lek & Nun 15:00-16:00 | Kick Boxing w/Lek, Nun & Cham 15:30-16:30 |
| Personal Training | Karate w/Sato 16:30-17:30 | Personal Training | Personal Training | Personal Training | CLOSE 17:00 |
| Kick Boxing w/Lek, Nun & Cham 18:00-19:30 | Kick Boxing w/Sato & Okubo 18:30-19:30 | Kick Boxing Basic w/Lek, Nun & Okubo 18:00-19:30 | Kick Boxing w/Lek & Nun 18:00-19:30 | Kick Boxing (Beginner) w/Lek & Nun 18:30-19:30 | ※We'll be closed on 3rd(Sat) & 23th (Fri) |
| TRX Circuit w/Miki 19:00-20:00 | Salsation w/Maria 19:00-20:00S | Mixed Fit w/Mae 19:30-20:30S | ★ a2ko's Kick Basic w/a2ko 18:45-19:30S | Kick Boxing w/Lek & Nun 19:45-20:45 | |
| Zumba w/Maria on 12th w/Nahoko on 5,19,&26th 20:00-21:00S | Relaxation Yoga w/Kyoko 20:15~21:15S | Kick Boxing (Sparring) w/Lek, Nun & Okubo 19:45-20:45 | a2ko's Kick w/a2ko 19:45-20:30 | Stretch w/Yuma 19:45-20:45 | |
| Kick Boxing (Mitt & Sparring) (Beginner) w/Lek, Nun & Cham 20:00-21:30 | Karate w/Sato 20:00-21:00 | | S & C (Strength&Conditioning) w/Yuma 20:45-21:45S | Thai Kick Rhythm w/a2ko 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