

スケジュール/SCHEDULE

1月/January

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 5th & 19th w/Rin on 12th & 26th
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 1st(Tue), 2nd(Wed), 3rd(Thu), & 14th(Mon)!!
TRX Circuit w/Miki 19:00-20:00	Salsation w/Maria 19:00-20:00S	Mixed Fit w/Mae 19:30-20:30S	★ Strength & Twist Yoga w/Hiro 18:45-19:30S	Kick Boxing w/Lek & Nun 19:45-20:45	
Zumba w/Emi on 7th w/Punam on 21st & 28th 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/Hiro 19:45-20:30	Stretch Yoga w/Kyoko 19:45-20:45S	
Kick Boxing (Mitt & Sparring) (Beginner) w/Lek, Nun & Cham 20:00-21:30	Karate w/Sato 20:00-21:00	★ TRX & Stretch w/Miki 20:45-21:45	Thai Kick Rhythm w/Hiro 20:45-21:45	CLOSE 21:00	
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