

3月 スケジュール / MARCH SCHEDULE

ALL MEMBER
 ZUMBA MEMBER
 MARTIAL ARTS MEMBER

★ **New Class**
THU. 17:00~ MMA

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

	MON.		TUE.		WED.		THU.		FRI.		SAT.	
	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT
11:00	Zumba w/Rumi 11:00-12:00 SK	KickBoxing w/Lek & Nun 11:00-12:30	TRX Core Strength w/Miki 11:00-12:00 K	KickBoxing (Mitt&Sparring) w/Sato 11:15-12:15	Zumba w/Dulce 11:00-12:00 SK	KickBoxing w/Lek & Nun Sato 11:00-12:00	Yoga w/Jamie 11:00-12:00 S	KickBoxing w/Lek & Nun 11:00-12:30	Zumba w/Mai 11:00-12:00 SK	KickBoxing w/Lek & Nun 11:00-12:30	Zumba w/Mae 11:00-12:00 SK	Kick Boxing w/Lek , Nun & Cham 11:00-12:30
12:00		TRX w/Miki 12:20-12:50		Wene Core Conditioning w/Mai 12:20-12:50	Zumba w/Dulce 12:20-12:50 SK					Martial Arts Circuit w/Satoshi 12:20-12:50		
13:00						Kick Boxing w/Lek, Nun Sato 13:00-14:00						TRX & Stretch 12:40-13:40 w/Midori on 7th & 21st w/Rin on 14th & 28th
14:00	Yoga w/Erigo 13:30-14:30 S	Kick Boxing w/Lek & Nun 13:30-14:30	Zumba w/Mai 13:30-14:30 SK	Kick Boxing (SP 大人 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 14:00-14:30		Kick Boxing w/Lek, Nun, & Cham 14:00-15:00
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
16:00	Personal Training				Personal Training		Personal Training	Personal Training		Personal Training		
17:00				Karate w/Sato 16:30-17:30				★ MMA w/Satoshi & Okubo 17:00-18:00				CLOSE 17:00
18:00		Kick Boxing w/Lek , Nun & Cham 18:00-19:00		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 & Okubo 18:00-19:00		
19:00		TRX Circuit w/Miki 19:00-20:00	Zumba & Salsation w/Maria S					a2ko's Kick w/a2ko 19:30-20:15		Kick Boxing (Technique) w/Lek & Nun & Okubo 19:15-20:15		
20:00	Zumba w/Maria 20:00-21:00 S	Kick Boxing w/Lek , Nun & Cham 20:00-21:30	Reaxation Yoga w/Nachika 20:15-21:15 S	Karate w/Sato 20:00-21:00	Mixed Fit w/Mae 19:30-20:30 S	Kick Boxing (Sparring) w/Lek, Nun Okubo 19:45-20:45		KICK OUT w/a2ko 20:30-21:15	Stretch Yoga w/Miwa 19:45-20:45 S			
21:00						TRX & Stretch w/Miki 20:45-21:45				CLASS 21:00		
	CLOSE 22:00		CLOSE 22:00		CLOSE 22:00		CLOSE 22:00					

※We are off on 20th(Fri) & Sunday!!

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 clas

TEL.03-6277-741

