

4月 スケジュール / APRIL SCHEDULE

ALL MEMBER ZUMBA MEMBER MARTIAL ARTS MEMBER

★ New Class

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

FRIDAY / POP PILATES

	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 K	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 K	KickBoxing w/Lek & Nun Sato 11:00-12:00	Yoga w/Jamie 11:00-12:00	KickBoxing w/Lek & Nun 11:00-12:30	Zumba w/Mai 11:00-12:00 K	KickBoxing w/Lek & Nun 11:00-12:30	Zumba w/Mae 11:00-12:00 K	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 K					Martial Arts Circuit w/Satoshi 12:20-12:50		
13:00						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 4th & 18th w/Rin on 11st w/Miki on 25th
14:00	Yoga w/Erico 13:30-14:30	Kick Boxing w/Lek & Nun 13:30-14:30	Zumba w/Mai 13:30-14:30 K	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 14:00-14:30		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			Karate w/Sato 16:30-17:30	Personal Training		Personal Training		Personal Training			
17:00	Personal Training				Personal Training		Personal Training		Personal Training		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 18:00-19:00	※We are off on 20th(Fri) & Sunday!!	
19:00		TRX Circuit w/Miki 19:00-20:00	Zumba & Salsation w/Maria 19:00-20:00				MMA w/Satoshi & Okubo 17:00-18:00	a2ko's Kick w/a2ko 19:30-20:15		Kick Boxing (Technique) w/Lek & Nun 19:15-20:15		
20:00	Zumba w/Maria 20:00-21:00	Kick Boxing w/Lek, Nun & Cham 20:00-21:30	Yoga w/Nachika 20:15-21:15	Karate w/Sato 20:00-21:00	Mixed Fit w/Mae 19:30-20:30	Kick Boxing (Sparring) w/Lek, Nun Okubo 19:45-20:45		KICK OUT w/a2ko 20:30-21:15		★ POP PILATES w/TAKARA 19:45-20:45	MMA Time Change THU 17:00-18:00 MATT ↓ THU 18:30-19:30 MATT	
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					

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

