

【臨時】 1月 スケジュール / JAN SCHEDULE

ALL MEMBER
 ZUMBA MEMBER
 MARTIAL ARTS MEMBER
 時間変更のCLASS・追加CLASS
 ★ New Class

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		KickBoxing w/Lek & Nun 11:00-12:00		TRX Core Strength w/Miki 11:00-12:00 K		KickBoxing w/Lek & Nun 11:00-12:00		KickBoxing w/Lek & Nun 11:00-12:00		KickBoxing w/Lek & Nun 11:00-12:00		Kick Boxing w/Lek, Nun 11:00-12:00
12:00	Zumba w/Rumi 11:30-12:30 K				Zumba w/Dulce 11:30-12:30 K		Yoga w/Jamie 11:30-12:30		Zumba w/Mai 11:30-12:30 K		Zumba w/Mae 11:30-12:30 K	
13:00		TRX w/Miki 12:30-13:30	Wave Core Conditioning w/Mai 12:15-12:45			Kick Boxing w/Lek, Nun 12:45-13:45		Kick Boxing w/Lek, Nun 12:45-13:45		Kick Boxing w/Lek, Nun 12:45-13:45		TRX & Stretch 12:45-13:45 w/Midori 16th w/Rin 9th/30th w/Miki 23rd
14:00	Yoga w/Erigo 13:30-14:30		Zumba w/Mai 13:30-14:30 K		POP PILATES W/TAKARA 13:30-14:30							
15:00		Kick Boxing w/Lek, Nun 14:30-15:30		Kick Boxing w/Sato & Okubo 14:45-15:45		TRX Circuit w/Miki 14:30-15:30		Insanity w/Midori 14:30-15:30		Martial Arts Circuit w/Satoshi 14:30-15:30		Kick Boxing w/Lek, Nun 14:30-15:30
16:00												
17:00		Kick Boxing w/Lek & Nun 16:15-17:15		Karate w/Sato 16:15-17:15		Kick Boxing w/Lek, Nun 16:15-17:15		Kick Boxing w/Lek & Nun 16:15-17:15		Kick Boxing w/Lek & Nun 16:15-17:15		Kick Boxing w/Lek, Nun 16:15-17:15
18:00		Kick Boxing w/Lek & Nun 17:30-19:00		Kick Boxing w/Sato & Okubo 17:30-18:30		Kick Boxing w/Lek & Nun 17:30-19:00		Kick Boxing w/Lek & Nun 17:30-19:00				
19:00	Zumba w/Kazu 19:15-20:00	TRX & Circuit w/Miki 19:15-20:00	Zumba w/Mae 18:30-19:30	Karate w/Sato 19:00-20:00	Mixed Fit w/Mae 19:00-20:00	TRX & Stretch w/Miki 19:15-20:00		KICK OUT w/a2ko 19:15-20:00		Kick Boxing (Beginner) w/Lek & Nun 18:00-20:00		
20:00	CLOSE 20:00		CLOSE 20:00		CLOSE 20:00		CLOSE 20:00		CLOSE 20:00			

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

CLOSE 18:00
We are off on Sunday!! 11th
※We'll be closed on 1st, 2nd, and 3rd on January, 2021.

毎週日曜日休館
11日祝日の為、休館
※1月1日・2日・3日休館

