

10月スケジュール / OCT 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									TRX & Stretch 12:45-13:45 w/Midori 3rd/17th/31st w/Rin 10th/24th
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 16:30-17:30		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			Zumba w/Mae 18:00-19:00					Kick Boxing w/Lek & Nun 18:00-18:45			CLOSE 18:00	
19:00		Kick Boxing w/Lek & Nun 18:00-19:30		Kick Boxing w/Sato & Okubo 18:15-19:15		Kick Boxing w/Lek & Nun 18:00-19:30				Kick Boxing (Beginner) w/Lek & Nun 18:00-19:30	※We are off on Sunday!!	
20:00	Zumba w/Kazu 19:15-20:15				Mixed Fit w/Mae 19:00-20:00			a2ko's Kick w/a2ko 19:15-20:00				
21:00		TRX Circuit w/Miki 20:15-21:15	Yoga w/Nachika 19:45-20:45	Karate w/Sato 20:00-21:00		TRX & Stretch w/Miki 20:00-21:00			KICK OUT w/a2ko 20:30-21:15	Kick Boxing w/Lek, Nun 20:15-21:15	毎週日曜日休館	
	CLOSE 22:00		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

