

11月スケジュール / NOV 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	
			Wave Core Conditioning w/Mai 12:15-12:45									
13:00		TRX w/Miki 12:30-13:30										
				KickBoxing (Mitt&Sparring) w/Sato 13:00-14:00		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 <small>w/Midori 7th/21st w/Rin 14th/28th</small>
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								CLOSE 18:00	
		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 w/Lek & Nun 18:00-18:45		Kick Boxing (Beginner) w/Lek & Nun 18:00-19:30	※We are off on Sunday!! 3rd・23rd	
19:00	Zumba w/Kazu 19:15-20:15				Mixed Fit w/Mae 19:00-20:00			a2ko's Kick w/a2ko 19:15-20:00				
20:00			Yoga w/Nachika 19:45-20:45									
		TRX Circuit w/Miki 20:15-21:15		Karate w/Sato 20:00-21:00		TRX & Stretch w/Miki 20:00-21:00				Kick Boxing w/Lek, Nun 20:00-21:00	毎週日曜日休館 3日・23日 祝日の為、休館	
21:00								KICK OUT w/a2ko 20:30-21:15				
											CLOSE 21:30	
	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

