

# 7月スケジュール / JULY SCHEDULE

ALL MEMBER in the time schedule

MARTIAL ARTS MEMBER

時間変更のCLASS

※DAYTIME 最終利用可能クラスは16:15

ZUMBA MEMBER

★New Class

	MON.		TUE.		WED.		THU.		FRI.		SAT.	
	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT	STUDIO	MATT
11:00	Zumba w/Hannie 11:20-12:20 K	KickBoxing w/Lek & Nun 11:00-12:00		TRX YOGA (Core Strength) w/Miki 11:00-12:00 K	Zumba w/Hannie 11:20-12:20 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							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 12:20-12:50		Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek & Nun 12:45-13:45		TRX & Stretch 12:45-13:45 6th-20th w/Midori 13th-27th w/Rin
14:00	Yoga w/Erico 13:40-14:40		Zumba & Wave w/Mai 13:30-14:30 K		POP PILATES W/TAKARA 13:00-14:00							V body workout w/<びれの 鬼塚 豊島香奈子 14:00-15:00
15:00		Kick Boxing w/Lek & Nun 14:45-15:45		Kick Boxing (Mitt&Sparring)w/Sato & Okubo 14:45-15:45		TRX Circuit w/Miki 14:10-15:10		Kick Boxing w/Lek & Nun 14:00-15:00		Kick Boxing w/Lek, Nun 14:30-15:30		Kick Boxing w/Lek & Nun 14:00-15:00
16:00							MMA w/Satoshi 15:30-16:30					Kick Boxing w/Lek & Nun 15:10-16:10
17:00		Kick Boxing w/Lek & Nun 16:15-17:15								Kick Boxing w/Lek & Nun 16:15-17:15		Kick Boxing w/Lek & Nun 16:10-17:10
18:00				Karate w/Sato 17:30-18:30								
19:00		Kick Boxing w/Lek & Nun 18:30-19:30		Kick Boxing w/Okubo 17:30-18:30				Kick Boxing w/Lek & Nun 18:00-19:00		Kick Boxing w/Lek & Nun 18:00-19:00		
20:00	Yoga w/Nadia 19:40-20:40	TRX & Circuit w/Miki 19:15-20:15	K-POP COVER w/Hiyu 19:00-20:00	Karate w/Sato 19:00-20:30		TRX & Stretch w/Miki 19:15-20:15		Kick Boxing w/Lek & Nun 19:00-20:00		Kick Boxing w/Lek & Nun 19:00-20:00		
21:00		Kick Boxing w/Lek & Nun 20:15-21:15			Mixed Fit w/Mae 20:00-21:00			KICK OUT w/a2ko 20:00-21:00				
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。

DAYTIME MEMBERは18時までにご退館ください。

All classes are by appointment only. Please call us to reserve your class.

TEL.03-6277-7416



CLOSE 18:00

毎週日曜日休館  
15日祝日のため休館

We are off on  
Sunday,  
Closed on the 15th  
due to public holiday