

## 2月スケジュール / FEBRUARY SCHEDULE

ALL MEMBER in the time schedule    
  MARTIAL ARTS MEMBER    
  時間変更のCLASS  
 ZUMBA MEMBER    
 ★ New Class

※DAYTIME 最終利用可能クラスは16:15

	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	Zumba w/Mae 11:30-12:30 K	Kick Boxing w/Lek & Nun 11:00-12:30
12:00							Yoga w/Jamie 11:30-12:30					
				Wave Core Conditioning w/Mai 12:20-12:50								
13:00		TRX w/Miki 12:30-13:30				Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek & Nun 12:30-13:30				TRX & Stretch 12:45-13:45 1st-15th w/Midori 8th-22nd w/Rin
				KickBoxing w/Sato 13:00-14:00	POP PILATES W/TAKARA 13:00-14:00					Kick Boxing w/Lek & Nun 12:45-13:45		
14:00	Yoga w/Erico 13:40-14:40		Zumba &Wave w/Mai 13:30-14:30 K									V body workout w/<pb>の 鬼塚 晋 豊島香奈子 14:00-15:00
						TRX Circuit w/Miki 14:10-15:10						Kick Boxing w/Lek & Nun 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								Kick Boxing w/Lek & Nun 14:00-15:00
										Kick Boxing w/Lek, Nun 14:30-15:30		
16:00								MMA w/Satoshi 15:30-16:30				Kick Boxing w/Lek & Nun 15:30-17:00
		Kick Boxing w/Lek & Nun 16:15-17:15										
17:00												
				Karate w/Sato 17:30-18:30								
18:00				Kick Boxing w/Okubo 17:30-18:30								CLOSE 18:00
		Kick Boxing w/Lek & Nun 18:30-19:30										
19:00												
		TRX & Circuit w/Miki 19:15-20:15		Karate w/Sato 19:00-20:30								
20:00	Yoga w/Nadia 19:40-20:40											
		Kick Boxing w/Lek & Nun 20:15-21:15										
21:00												
22:00												

毎週日曜日休館  
 11日・24日祝日の  
 ため休館  
  
 We are off on  
 Sunday,  
 and will be closed on  
 the 11th and 24th  
 due to holidays.

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

