

3月スケジュール /MARCH 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		KickBoxing w/Lek & Nun 11:00-12:00		TRX YOGA (Core Strength) w/Miki 11:00-12:00 K		Zumba w/Hannie K 11:20-12:20	KickBoxing w/Lek & Nun 11:00-12:00		KickBoxing w/Lek & Nun 11:00-12:00		Kick Boxing w/Lek & Nun 11:00-12:30	
12:00	Zumba w/Hannie K 11:20-12:20						Yoga w/Jamie 11:30-12:30		Zumba w/Mai K 11:30-12:30		Zumba w/Mae K 11:30-12:30	
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				TRX & Stretch 12:45-13:45 1st-22nd w/Miki 8th w/Rin 15th-29th w/Midori	
14:00			Zumba & Wave w/Mai K 13:30-14:30		POP PILATES W/TAKARA 13:00-14:00						V body workout w/<くびれの鬼軍曹 豊島香奈子 14:00-15:00	
15:00	Yoga w/Erico 13:40-14:40			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		Kick Boxing w/Lek & Nun 14:45-15:45						MMA w/Satoshi 15:30-16:30			ジャイロキネシス w/Maki 16:00-17:00 1st・15th	
17:00		Kick Boxing w/Lek & Nun 16:15-17:15									Kick Boxing w/Lek & Nun 15:30-17:00	
18:00			Karate w/Sato 17:30-18:30								CLOSE 18:00	
19:00		Kick Boxing w/Lek & Nun 18:30-19:30		Kick Boxing w/Okubo 17:30-18:30			Kick Boxing w/Lek & Nun 18:30-19:30		Kick Boxing w/Lek & Nun 18:00-19:00		Kick Boxing w/Lek & Nun 18:00-19:00	毎週日曜日休館 20日祝日のため休館
20:00		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	セルフ整体 w/Asuka 19:00-20:00 14th・28th	Light Sparring w/Lek & Nun 19:00-20:00		
21:00	Yoga w/Nadia 19:40-20:40				Mixed Fit w/Mae 20:00-21:00			KICK OUT w/a2ko 20:00-21:00	CLOSE 20:00			We are off on Sunday, Closed on the 20th due to public holiday
22:00		Kick Boxing w/Lek & Nun 20:15-21:15	CLOSE 21:00									
	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。

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

