4月スケジュール /APRIL 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			Zumba w/Hannie 11:20-12:20 K	KickBoxing w/Lek,Nun &Cham 11:00-12:00	Yoga w/Jamie 11:30-12:30	KickBoxing w/Lek & Nun 11:00-12:00	Zumba w/Mai 11:30-12:30 K	KickBoxing w/Lek & Nun 11:00-12:00	Zumba w/Shana 11:30-12:30 K	KickBoxing w/Lek,Nun &Cham 11:00-12:30
12:00			Wave Core Conditioning w/Mai 12:20-12:50									
13:00		TRX w/Miki 12:30-13:30	KickBoxing w/Sato 13:00-14:00	Zumba &Wave w/Mai 13:30-14:30 K	POP PILATES W/TAKARA 13:00-14:00	KickBoxing w/Lek,Nun &Cham 12:30-13:30		Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek 12:45-13:45		TRX & Stretch 12:45-13:45 4th・18th w/Midori 11th w/Miki 25th w/Rin
14:00	Yoga w/Erico 13:40-14:40					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	V body workout w/くびれの鬼軍曹 豊島香奈子 14:00-15:00	KickBoxing w/Lek,Nun &Cham 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								ジャイロキネシス w/Maki 15:15-16:15	
16:00								MMA w/Satoshi 15:30-16:30				KickBoxing w/Lek,Nun &Cham 15:30-17:00
17:00		Kick Boxing w/Lek & Nun 16:15-17:15				KickBoxing w/Lek,Nun &Cham 16:15-17:15				Kick Boxing w/Lek & Nun 16:15-17:15		
18:00			Karate w/Sato 17:30-18:30								CLOSE 18:00	
		TRX & Circurt w/Miki 18:15-19:15	Kick Boxing w/Okubo 17:30-18:30			TRX & Stretch w/Miki 18:15-19:15		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 29日は祝日のため休館	
19:00	Yoga w/Nadia 19:20-20:20	Kick Boxing w/Lek & Nun 19:00-20:00	Karate w/Sato 19:00-20:30			KickBoxing w/Lek,Nun &Cham 19:00-20:00		Kick Boxing w/Lek & Nun 19:00-20:00		Light Sparring w/Lek & Nun 19:00-20:00		
20:00		Kick Boxing w/Lek & Nun 20:00-21:00			Zumba w/Rumi 20:00-21:00 8th・15th・22th	KickBoxing w/Lek,Nun &Cham 20:00-21:00		KICK OUT w/a2ko 20:00-21:00	CLOSE 20:00		We are off on Sunday, and will be closed on the 29th due to holidays.	
21:00			CLOSE 21:00									
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。

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