

# スケジュール/SCHEDULE

11月/November

ALL MEMBER

KIDS & TEENS MEMBER

ZUMBA MEMBER

MARTIAL ARTS MEMBER

★ New Class

S: STUDIO

K: Under supervision of parents children are welcome into the class.

MON.	TUE.	WED.	THU.	FRI.	SAT.
Zumba w/Mae 11:00-12:00 <b>SK</b>	TRX Core Strength w/Miki Circuit & Stretch w/Mai on 14th 11:00-12:00	Zumba w/Dulce 11:00-12:00 <b>SK</b>	Yoga w/Jamie 11:00-12:00 <b>S</b>	Zumba w/Mai w/Shierly on 24th 11:00-12:00 <b>SK</b>	Zumba w/Mae 11:00-12:00 <b>SK</b>
KickBoxing w/Lek & Nun 11:00-12:30	KickBoxing (Mitt & Sparring) Sato 11:15-12:15	KickBoxing Basic w/Lek & Nun 11:00-12:00	KickBoxing w/Lek & Nun 11:00-12:30	KickBoxing w/Lek & Nun 11:00-12:30	Kick Boxing Basic w/Lek, Nun, & Cham 11:00-12:30
TRX w/Miki Zumba w/Mae on 13th 12:20-12:50	Wave Stretch w/Mai 12:20-12:50	Zumba w/Dulce 12:20-12:50 <b>S</b>		Special 鬼 Circuit w/Kanomata 12:20-12:50	
Yoga w/Erico 13:30-14:30 <b>S</b>	Zumba & Wave (75) w/Mai 13:15-14:30 <b>SK</b>	Kick Boxing w/Lek & Nun 13:00-14:00	KickBoxing w/Lek & Nun 13:30-14:30	KickBoxing w/Lek & Nun 13:30-14:30	TRX & Stretch (75)12:40-13:55 w/Miki on 4th & 25th (60)12:40-13:40 w/Rin on 11th w/Midori on 18th
Kick Boxing w/Lek & Nun 13:30-14:30	Kick Boxing w/Sato 13:30-14:30	TRX Circuit w/Miki 14:00-15:00 <b>No Class on 15th</b>	INSANITY w/Midori 14:00-15:00	Special 鬼 Circuit w/Kanomata 14:00-15:00	Kick Boxing w/Lek, Nun, & Cham 14:00-15:00
Kick Boxing w/Lek & Nun 15:00-16:00	Kick Boxing (Mitt & Sparring) w/Sato & Ookubo 15:00-16:00	Kick Boxing w/Lek & Nun 15:00-16:00	Kick Boxing w/Lek & Nun 15:00-16:00	Kick Boxing w/Lek & Nun 15:00-16:00	Kick Boxing w/Lek, Nun, & Cham 15:30-16:30
Personal Training	Karate w/Sato 16:30-17:30	Personal Training	Kids KickBoxing w/Nun 16:30-17:30	Personal Training	CLOSE 17:00
	Kick Boxing w/Lek, Nun, & Cham 18:00-19:30		Kick Boxing Basic w/Lek, Nun, & Ookubo 18:00-19:30		
TRX Circuit w/Miki 19:00-19:55 <b>No Class on 13th</b>	Salsation w/Maria 19:00-20:00 <b>S</b>	Zumba & Mixxed Fit w/Mae 19:30-20:30 <b>S</b>	A2ko's Kick Conditioning w/a2ko 18:45-19:30	Zumba w/Alina 19:00-20:00 <b>S</b>	
Zumba w/Emi on 6th w/Tony on 13th w/Diana on 20 & 27th 20:00-21:00 <b>S</b>	Relaxation Yoga w/Kazumi 20:15~21:15 <b>S</b>	Kick Boxing (Sparring) w/Lek, Nun, & Ookubo 19:45-20:45	Zumba w/Shierly 19:15-20:15 <b>S</b>	Kick Boxing w/Lek & Nun 19:45-20:45	
Kick Boxing (Mitt & Sparring) (Bigger) w/Lek,Nun,&Cham 20:00-21:30	Karate w/Sato 20:00-21:30	TRX & Stretch w/Miki on 1st, 8th, & 22st <b>No Class on 15th</b> <b>S &amp; C w/Yuma</b> <b>on 29th 20:45-21:45<b>S</b></b>	A2ko's Kick w/a2ko 19:45-20:30	Grappling w/Yoshiyuki 19:45-20:45	
			Thai Kick Rhythm w/a2ko 20:45-21:45	CLOSE 21:00	
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