

スケジュール/SCHEDULE

7月/July

ALL MEMBER
 KIDS & TEENS MEMBER
 ZUMBA MEMBER
 FUNCTIONAL 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 & Mixxed Fit w/Mae 11:00-12:00SK	TRX Core Strength w/Miki 11:00-12:00K	Zumba w/Punam w/Dulse on 12th, 19th & 26th 11:00-12:00SK	Yoga w/Jamie (w/Satomi on 6th) 11:00-12:00S	Zumba w/Mai 11:00-12:00SK	Zumba w/Mae 11:00-12:00SK
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 12:20-12:50	Wave Stretch w/Mai 12:20-12:50	Zumba w/Punam w/Dulse on 12th, 19th & 26th 12:20-12:50S		★ Total Body Combat w/Kushima 12:20-12:50	
Yoga w/Erico 13:30-14:30S	Zumba & Wave (75) w/Mai 13:15-14:30SK	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) w/Yoshi 12:40-13:55
Kick Boxing w/Lek & Nun 13:30-14:30	Kick Boxing (Mitt & Sparring) w/Sato 13:30-14:30	TRX Circuit w/Miki 14:00-15:00	INSANITY w/Midori 14:00-15:00	★ Kick Defense w/Kushima 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 (Mitt & Sparring) w/Sato & Ookubo 18:30-19:30		
TRX Circuit w/Miki 19:00-19:55	Salsation w/Maria 19:00-20:00S	Zumba & Mixxed Fit w/Mae 19:30-20:30S	Atsuko's Kick Conditioning w/a2ko 18:45-19:30	Zumba w/Alina 18:30-19:30S	
Zumba w/Shierly 20:00-21:00S	★ Relaxation Yoga w/Satomi 20:15~21:15S	Kick Boxing (Sparring) w/Lek & Nun 19:45-20:45	Zumba w/Punam w/Shierly on 13th, 20th & 27th 19:15-20:15S	Kick Boxing w/Lek & Nun 19:45-20:45	
Kick Boxing (Mitt & Sparring) (Beginner) w/Lek, Nun, & Cham 20:00-21:30	Karate w/Sato 20:00-21:30	S & C (Strength & Conditioning) w/Yuma 20:45-21:45S	Atsuko's Kick w/a2ko 19:45-20:30	★ Total Body Circuit w/Miki 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 (※Zumba: 月曜の夜はShierlyが、水曜午前の12,19,26日はDulseが、木曜夜の13,20,27日はShierlyが代講いたします。)