

# 11月スケジュール / NOVEMBER 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		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		Kick Boxing w/Lek & Nun 11:00-12:00	
12:00							Yoga w/Jamie 11:30-12:30		Zumba w/Mai 11:30-12:30 K		Zumba w/Mae 11:30-12:30 K		
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		Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek & Nun 12:45-13:45		TRX & Stretch 12:45-13:45 4th-18th w/Midori 11th-25th w/Rin	
14:00	Yoga w/Erico 13:40-14:40		Zumba & Wave w/Mai 13:30-14:30 K		POP PILATES W/TAKARA 13:00-14:00							V body workout w/<びれの鬼軍曹 豊島香奈子 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		TRX Circuit w/Miki 14:10-15:10		Insanity w/Midori 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 15:10-16:10	
17:00		Kick Boxing w/Lek & Nun 16:15-17:15		Karate w/Sato 16:15-17:15		Kick Boxing w/Lek & Nun 16:15-17:15				Kick Boxing w/Lek & Nun 16:15-17:15		Kick Boxing w/Lek & Nun 16:10-17:10	
18:00				Kick Boxing (Mitt&Sparring)w /Sato & Okubo 17:30-18:30								CLOSE 18:00	
19:00		Kick Boxing w/Lek & Nun 18:30-19:30				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 3日・23日は祝日の為 休館	
20:00	Yoga w/Nadia 19:40-20:40	TRX & Circuit w/Miki 19:15-20:15	V body workout w/<びれの鬼軍曹 豊島香奈子 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		Kick Boxing w/Lek & Nun 19:00-20:00			CLOSE 20:00
21:00		Kick Boxing w/Lek & Nun 20:15-21:15			Mixed Fit w/Mae 20:00-21:00	Kick Boxing w/Lek & Nun 20:15-21:15		KICK OUT w/a2ko 20:00-21:00					
22:00												CLOSE 22:00	

毎週日曜日休館  
3日・23日は祝日の為  
休館

※We are off on Sunday.  
※We will be closed on the 3rd and 23rd due to public 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.03-6277-741

