

# 12月スケジュール / DECEMBER SCHEDULE

ALL MEMBER in the time schedule
MARTIAL ARTS MEMBER
時間変更のCLASS  
ZUMBA MEMBER
★New Class

※DAYTIME 最終利用可能クラスは16:15

	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 2nd-16th w/Midori 9th-23rd 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			Insanity w/Midori 14:00-15:00				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				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									
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		<b>毎週日曜日休館</b> <b>29日・30日・31日</b> <b>休館</b> <b>※1月1日・2日・3日</b> <b>休館</b>	
20:00	Yoga w/Nadia 19:40-20:40	TRX & Circuit w/Miki 19:15-20:15		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			
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		CLOSE 21:00		CLOSE 22:00		CLOSE 22:00		CLOSE 20:00		<b>We are off on</b> <b>Sunday,</b> <b>29th,30th,31st</b> <b>We' ll be closend</b> <b>※We' ll be closend</b> <b>on 1st,2nd, &amp;3rd on</b> <b>January,2024</b>		

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

