

9月スケジュール / SEPTEMBER 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 | | KickBoxing w/Lek & Nun 11:00-12:00 | | TRX YOGA (Core Strength) w/Miki 11:00-12:00 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 | Zumba w/Hannie 11:20-12:20 K | | | | Zumba w/Hannie 11:20-12:20 K | | 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 7th-21st w/Midori 14th-28th w/Rin | |
| 14:00 | Yoga w/Erigo 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/<ひれの鬼軍曹 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 14:00-15:00 | | Kick Boxing w/Lek, Nun 14:30-15:30 | | Kick Boxing w/Lek & Nun 14:00-15:00 | |
| 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 | | | | 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 | | | | Karate w/Sato 17:30-18:30 | | | | | | | | | |
| 19:00 | | Kick Boxing w/Lek & Nun 18:30-19:30 | | Kick Boxing w/Okubo 17:30-18:30 | | 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 | CLOSE 18:00 | | |
| 20:00 | | TRX & Circuit w/Miki 19:15-20:15 | K-POP COVER w/Hiyu 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 | セルフ整体 w/Asuka 19:00-20:00 13th-27th | | 毎週日曜日休館 16日・23日は祝日のため休館 We are off on Sunday, Closed on the 16th and 23rd due to public holidays | |
| 21:00 | Yoga w/Nadia 19:40-20:40 | | | | | Mixed Fit w/Mae 20:00-21:00 | | KICK OUT w/a2ko 20:00-21:00 | | | CLOSE 20:00 | | |
| 22:00 | | Kick Boxing w/Lek & Nun 20:15-21:15 | | | | | | | | | 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

