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	Yoga w/Jamie 11:30-12:30	KickBoxing w/Lek & Nun 11:00-12:00	Zumba w/Mai 11:30-12:30 K	KickBoxing w/Lek & Nun 11:00-12:00	Zumba w/Mae 11:30-12:30 K	Kick Boxing w/Lek & Nun 11:00-12:00
12:00				Wave Core Conditioning w/Mai 12:20-12:50								
13:00		TRX w/Miki 12:30-13:30	Zumba &Wave w/Mai 13:30-14:30 K	KickBoxing w/Sato 13:00-14:00	POP PILATES W/TAKARA 13:00-14:00	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 16th・30th w/Midori 9th w/Rin 2nd w/Miki
14:00	Yoga w/Erico 13:40-14:40					TRX Circuit w/Miki 14:10-15:10		Kick Boxing w/Lek & Nun 14:00-15:00			V body workout w/くびれの鬼軍曹 豊島香奈子 14:00-15:00	Kick Boxing w/Lek & Nun 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						Kick Boxing w/Lek, Nun 14:30-15:30		Kick Boxing w/Lek & Nun 15:10-16:10
16:00								MMA w/Satoshi 15:30-16:30				
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							CLOSE 18:00	
				Kick Boxing w/Okubo 17:30-18:30				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 4日・23日は祝日のため休館	
19:00		Kick Boxing w/Lek & Nun 18:30-19:30	K-POP COVER w/Hiyu 19:00-20:00	Karate w/Sato 19:00-20:30		Kick Boxing w/Lek & Nun 18:30-19:30		Kick Boxing w/Lek & Nun 19:00-20:00	セルフ整体 w/Asuka 19:00-20:00 8th・22nd	Kick Boxing w/Lek & Nun 19:00-20:00		
		TRX & Circuit w/Miki 19:15-20:15				TRX & Stretch w/Miki 19:15-20:15						
20:00	Yoga w/Nadia 19:40-20:40				Mixxed Fit w/Mae 20:00-21:00			KICK OUT w/a2ko 20:00-21:00	CLOSE 20:00			
		Kick Boxing w/Lek & Nun 20:15-21:15				Kick Boxing w/Lek & Nun 20:15-21:15					We are off on Sunday, Closed on the 4th and 23rd due to public holidays	
21:00			CLOSE 21:00									
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。

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

NEXT