5月スケジュール /MAY 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/Shana 11:30-12:30 K	Kick Boxing w/Lek & Nun 11:00-12:30
12:00			Wave Core Conditioning w/Mai 12:20-12:50									
13:00		TRX w/Miki 12:30-13:30	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 3rd・17th w/Midori 10th・24th w/Rin 31st w/Miki
14:00	Yoga w/Erico 13:40-14:40		Zumba &Wave w/Mai 13:30-14:30 K			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		
16:00								MMA w/Satoshi 15:30-16:30			ジャイロキネシス w/Maki 16:00-17:00 10th・24th	Kick Boxing w/Lek & Nun 15:30-17:00
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		
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 5日・6日祝日のため休館	
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 9th・23rd	Light Sparring w/Lek & Nun 19:00-20:00		
20:00	Yoga w/Nadia 19:40-20:40	TRX & Circuit w/Miki 19:15-20:15			Zumba w/Shana 20:00-21:00	TRX & Stretch w/Miki 19:15-20:15		KICK OUT w/a2ko 20:00-21:00	CLOSE 20:00		We are off on Sunday, and will be closed on the 5th and 6th due to holidays.	
21:00		Kick Boxing w/Lek & Nun 20:15-21:15	CLOSE 21:00			Kick Boxing w/Lek & Nun 20:15-21:15						
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