

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		KickBoxing w/Lek & Nun 11:00-12:00		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			Yoga w/Jamie 11:30-12:30			Zumba w/Mai 11:30-12:30 K		
13:00		TRX w/Miki 12:30-13:30				Kick Boxing w/Lek & Nun 12:30-13:30		Kick Boxing w/Lek & Nun 12:30-13:30				TRX & Stretch 12:45-13:45 3rd-17th w/Midori 10th-24th w/Rin 31st w/Miki
14:00	Yoga w/Ericeo 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/くびれの免軍曹 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 15:30-17:00
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								
19:00		Kick Boxing w/Lek & Nun 18:30-19:30		Kick Boxing w/Okubo 17:30-18:30				Kick Boxing w/Lek & Nun 18:00-19:00		Kick Boxing w/Lek & Nun 18:00-19:00		
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 9th-23rd		
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				
22:00		Kick Boxing w/Lek & Nun 20:15-21:15										
	CLOSE 22:00		CLOSE 21:00			CLOSE 22:00		CLOSE 22:00				

CLOSE 18:00

毎週日曜日休館
5日・6日祝日のため
休館

We are off on
Sunday,
and will be closed on
the 5th and 6th due
to 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.03-6277-7416

